

CARVE YOUR ABS ▶▶▶ FROM HOME P30

MMH

MEN'S MUSCLE & HEALTH

FOR MEN WHO WANT TO LOOK AND PERFORM AT THEIR PEAK

LEAN MEAN MUSCLE

TRAIN LIKE AN MMA PRO

P80

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CHARITY**

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**ARE YOU THE
ULTIMATE
MMH MAN?**

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JUL/AUG 2015

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SO YOU WANT TO BE A

**COVER
MODEL?**

**WHAT ARE WE
LOOKING FOR?**

**FIT, CONFIDENT
STRONG**

**MEET OUR
COVER
MODEL
WINNER ...**

YOU

FUEL UP ON THE GO

With good fats from coconut P15

**POWER UP
YOUR DIET**

FOR BETTER ENDURANCE

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THE SEARCH FOR THE ULTIMATE MMH MAN IS ON!
DO YOU FIT THE BILL?

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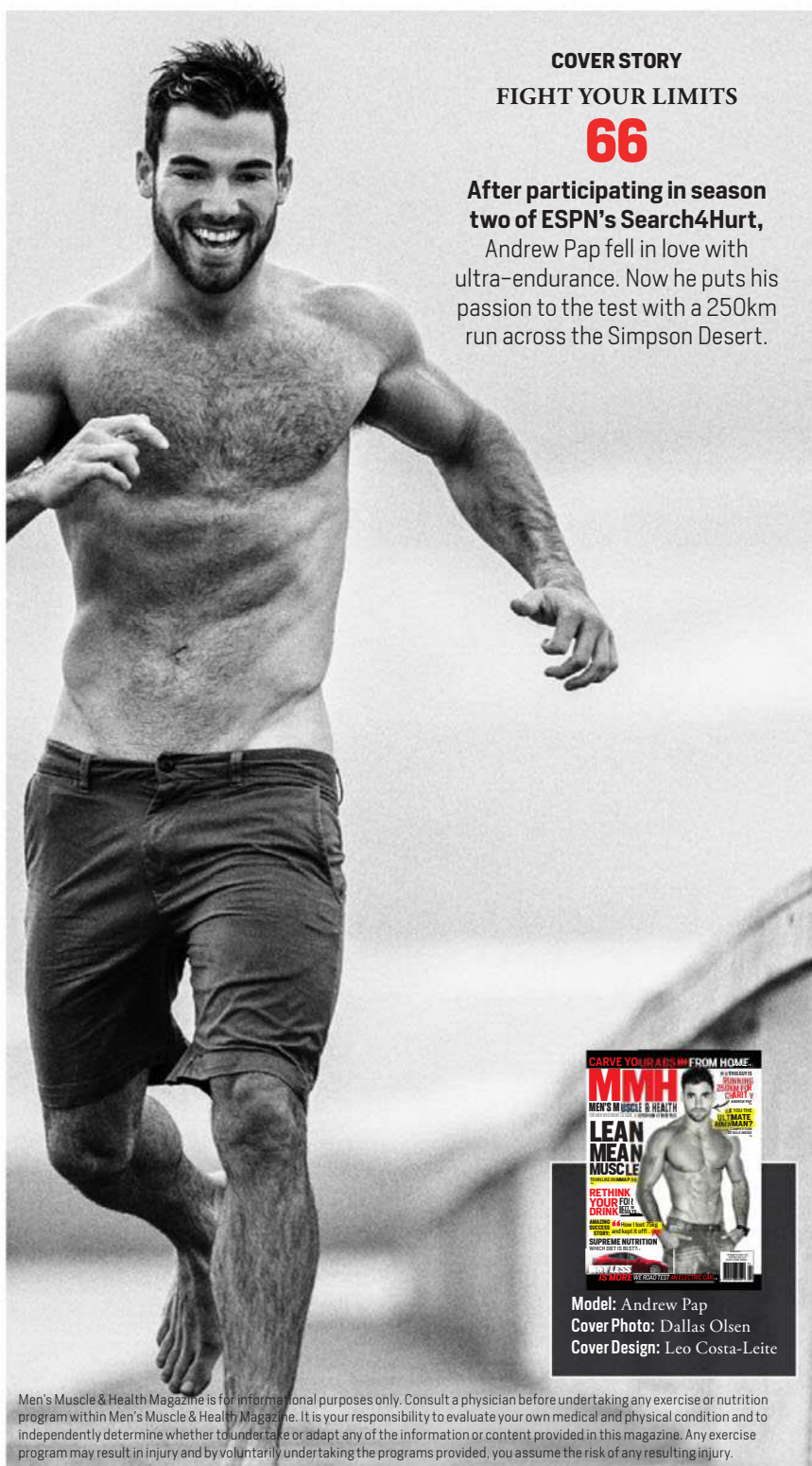
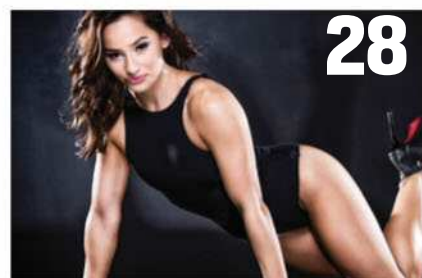


Photo Credit: Brook Rushton

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BIG THINGS ARE COMING

Our lives are filled with defining moments: buying your first car, finishing university, completing an apprenticeship, getting married, landing your dream job, holding your first-born – the list goes on. Just like a movie preview, these are the highlights we will replay when looking back on our lives. We're proud of these big events, and so we should be. The problem only begins when we start to focus on that next big moment and forget to pay attention to the little things that actually get us from one happy snap shot to the next.

It's the little day-to-day things we do that make big events possible, and if you haven't been paying attention to them, now is the time to start. How many of the greatest moments in your life would have happened without the little ones leading up to it? How many hours does an athlete

train before winning gold at the Olympics? How many ideas does the entrepreneur explore before finding success? When we continuously set goals, strategise and work hard towards something, we can make our journey more enjoyable – and our successes so much sweeter.

You're probably wondering why I'm telling you all this. It's because I want you to start preparing: big things are coming. The first ever *MMH* Ultimate Man competition is now open, and it's going to take attention to detail if you want to win. You'll need to focus on living the *MMH* lifestyle more than ever. Each workout, every healthy meal, all the little things you do to prepare will add up so that when the time comes, you'll be ready. This is the opportunity to add another big moment to your highlight reel and I know you're up for the challenge.

By picking up this issue, you're already off to a great start. Learn how to strengthen your willpower (page 40), maximise your deadlift (page 48) and train like a Mixed Martial Arts pro (page 80). Be inspired by our cover model, Andrew "Pap" Papadopoulos, who is running a 250km marathon for charity (page 66), and Silvestro Musumeci, who lost 75kg to become a more confident and happier person (page 138). As always enjoy this issue, train hard and appreciate the journey.

Dallas Olsen
Chief Photographer



HAVE YOUR SAY!

Want to see more or less of something in *MMH*?

Email us at
features@fitmedia.com.au
and have your say!

MMH
MEN'S MUSCLE & HEALTH

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MEET OUR EXPERTS



Peter Miran

Peter Miran

Peter Miran is a sponsored champion athlete holding multiple bodybuilding titles, including the WFF Mr Australia. He has been featured as a fitness model in many Australian fitness magazines. Peter has worked as an exercise physiologist alongside world-renowned physicians and is a highly successful personal trainer and coach. He has coached and mentored scores of elite athletes, personal trainers, high-profile celebrities, performers, sports models, bodybuilders and some of Australia's most successful businessmen, assisting in the achievement of their desired goals, and boasts a record of ambassadors that happily represent his business, Peter Miran BODY. He is currently studying his Masters in Exercise Science at ECU. Peter has been actively working in many facets of health and fitness spaced over 15 years, beginning his career in the research and development of nutritional products for Australian Sports Nutrition company, Body Ripped. You can contact him at peter@petermiran.com.



Belinda Reynolds

Belinda Reynolds BScNut&Diet (Hon)

Belinda Reynolds graduated with an Honours Degree in Nutrition and Dietetics in 2003. She has been involved in the complementary medicine industry for nearly 15 years - 10 of these working for BioCeuticals as a practitioner sales consultant, team leader, presenter, educator and writer, with an involvement in marketing and product development. Outside of this Belinda has spent time working in hospitals and lectured at the Australasian College of Natural Therapies.

Belinda's greatest passion is assisting practitioners in developing their knowledge by presenting new research in the area of integrative medicine. Now a mother of two, pre-natal, post-natal, infant and child health have evolved as subjects particularly close to her heart.



Cam Wild

Cam Wild

Cam Wild, 23, is a Victorian state physique competitor, nutritionist, and owner of NUFIT – one of the fastest-growing online nutrition and training businesses in Australia. For years, Cam struggled with getting the results he wanted in the gym. His dedication turned into a passion for nutrition and as a result, Cam developed a simple and results-based nutrition system specifically designed for guys wanting to get noticeable, lifelong results. Cam's system is available online at www.nufit.com.au



Dr. Matthew Davidson

Dr. Matthew Davidson

Dr. Matthew Davidson B.Sc., M.Chiro, is director and founder of the Hope Island Chiropractic Centre. He also has 9 years experience in Active Release Technique® and is one of only two full-body certified Active Release Technique® ironman providers in Australia. He treated at the world ironman triathlon championships in Hawaii in 2010 and 2011. With Active Release Techniques® Matthew has treated some of Australia's elite athletes in mixed martial arts, Muay Thai, tennis, bodybuilding, body shaping, power lifting and ironman triathlon.

He is a member of the Chiropractic Association of Australia (CAA) and Sports Chiropractic Australia (SCA).



Stent Card

Matt Weik

Matt Weik has been in the fitness industry since 2002. He is currently the Manager of the MET-Rx Team Sports division. He works with colleges and professional sports teams all across the US to supply them with recovery and nutritional products for their athletes. Matt is an established writer with hundreds of articles and interviews in magazines and on websites. He has research published on exercise dependence and has been featured on many websites and radio shows. Matt is also a certified personal trainer, certified strength and conditioning specialist and fitness model, as well as being a certified sports nutritionist. He has worked with everyone from high school athletes all the way up to professional athletes and celebrities. More information can be found on his website: www.MattWeik.com

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get active

RUN

COASTAL HIGH 50 Sep 5, 2015 | GOLD COAST

Some of the world's fastest ultra marathon runners will converge on the Gold Coast in September to tackle the inaugural Coastal High 50 ultra trail marathon. Set in the Gold Coast Hinterland, the Coastal High 50 showcases some of the spectacular natural beauty of the area, whilst pushing runners to their limits over the gruelling 50km course. Following the success of events across Europe, USA and other parts of Australasia, The Coastal High 50 is destined to become a landmark event within the southeast Queensland sporting landscape.

Entries are open to the public online at coastalhigh.com.au



September 5, 2015

ADVENTURE

TRUE GRIT July 25-26 | MT TAMBORINE

Queenslanders...True Grit is back! True Grit, Australia's largest home-grown obstacle challenge, is hitting mighty Mt Tambourine again on July 25-26. Founded and designed by former Australian commandos, it's an absolute cracker, with more than 30 obstacles over 10km. This True Grit course incorporates natural terrain like no other obstacle course in Queensland. By participating you will also be helping raise money for True Grit-supported military charities.

Register now at truegrit.com.au



July 25-26

LEARN

ATEC EXPO July 4-5, 2015 | SYDNEY

From bone density testing, through to stroke correction in a fast-lane pool and participation in a criterium bike race, there is plenty to experience at the first ever multisport consumer show in Sydney this July. The Australian Triathlon, Endurance and Cycling (ATEC) Expo will be staged at the Dome, Sydney Showground, on the weekend of 4-5 July. The expo will offer two days of informative seminars, panels and discussions presented by some of the most respected authorities in the world of triathlon, swimming, biking and running including professional triathletes, coaches, leading experts and more.

For more information visit atecexpo.com.au



July 4-5, 2015

TECHNOLOGY TO MAKE YOU GREAT

POWER UP YOUR PLAYLIST

It probably comes as no surprise that music makes an intense gym session more psychologically enjoyable – but can it also enhance physical output? New research indicates that the answer is yes. Author Matt Stork, a Ph.D. student at McMaster University in Canada, explained that when moderately active people listen to self-selected music during HIIT, they not only enjoy the exercise more, but they work physically harder as well. It does this by distracting you from the discomfort and acts as a mediator of the workload and your feelings of exertion, allowing you to push through your workout and finish feeling empowered.

1. OW Beats by Dr. Dre Studio 2.0 Headphones – Red RRP \$298.00

The new Beats Studio 2.0 Headphones are compellingly lighter, sexier, stronger and more comfortable with leatherette ear cushions which produce precision sound and activity Adaptive Noise Cancelling technology. Available from Officeworks in store and online at www.officeworks.com.au

2. ASUS Transformer Book Chi T300 – RRP: \$1299.

The 2-in-1 ASUS Transformer Book Chi is the best of both worlds. A tablet when you want it, a laptop when you need it. Available now from Harvey Norman, JB HiFi, Dick Smith, the ASUS E-Shop and authorised ASUS channel resellers.

3. OW Telstra Pre-Paid 4G Pocket Wi-Fi Ultimate Mobile broadband – RRP \$129.00

Take your personal Wi-Fi hotspot with you wherever you go with the Telstra Pocket Ultimate. Available from Officeworks in store and online at www.officeworks.com.au





fight hypertension

Can strength training reduce the risk of hypertension-related deaths?

Hypertension is the word used to describe high blood pressure, which is dangerous as it can lead to a heart attack, kidney failure or a stroke. The unfortunate part is there are usually no symptoms. However, there are ways to ward it off! "Hypertensive men should follow current physical activity guidelines and engage in muscle-strengthening activities that involve major muscle groups, not only to reduce resting blood pressure, but also to potentially reduce long-term mortality risk," advised Enrique Artero of the University of Granada, Spain. The Journal of American College of Cardiology shares the same opinion. Research was conducted on 1,506 men over a period of 23 years to determine the effects of strength training on hypertension-related deaths. The men who kept up a consistent strength training program had a better blood pressure, a lower resting heart rate and lived much longer than those who did little or no strength training.

26

The average number of people who die from a heart attack in Australia every day. It is estimated over 340,000 Australians have had a heart attack at some time in their lives.



exercise your way to better memory

True story: a study published by the *Neurology* journal says that researchers found physically active people to show fewer signs of brain shrinkage and other deteriorations as opposed to those who exercise less.

The study was conducted upon 700 people who were born in 1936. It also showed that brain-stimulating activities such as puzzles, reading or learning a new language, or social and intellectual activities like socialising with friends and family had nearly no effect in warding off the symptoms of the brain-deterioration that comes with age. "People who remain physically active are less likely to show cognitive decline," Stephen Rao said. Stephen is the director of the Cleveland Clinic Schey Center for Cognitive Neuroimaging.

Photo Credit: Shutterstock.com

Nutrition Facts

Serving Size Entire Recipe 187g (187 g)

Amount Per Serving

Calories Calories from Fat 31

% Daily Value*

Total Fat

Saturated Fat

Trans Fat

Cholesterol 0mg

Sodium 3mg

Total 30g

did you know?

In Australia, professional nutritional practice is not regulated by the government – therefore anyone can call themselves a 'nutritionist' or 'dietician', no matter what level of training they have received. If you're in need of a nutritionist to help get you eating more healthily, it's best to consult someone who has credentials provided and governed by either Dietitians Association of Australia (DAA) or the Nutrition Society Australia (NSA).

While it might feel this big, a kidney stone of just 3 millimetres can block your ureter

Got stones?

A kidney stone can form when calcium oxylate in the urine forms crystals that bind together. The condition has been linked to prolonged inactivity, high-protein intake, overexposure to the sun and low fluid intake. The pain of passing one of these bad-boys has been likened to giving birth, and is not something you want to experience. To help avoid a predisposition to developing kidney stones, continue to live the *MMH* lifestyle. That is to say: stay active, eat a balanced and healthy diet high in calcium and make sure you drink plenty of water!

SYMPTOMS

Kidney Health Australia recommends you watch out for the following symptoms, which may warrant a visit to the doctor's office.

1. Blood in the urine, which can be seen by the eye or found when tested
2. Nausea and vomiting
3. Shivers, sweating and fever, cloudy or bad smelling urine if there is an accompanying infection
4. 'Gravel' in the urine, which is made of small uric acid stones
5. An urgent feeling of needing to urinate

Did you know?

Antioxidant-rich foods have a Viagra-like effect of boosting nitric oxide production.

A recent study from the Harvard Medical School in Boston found men eating three to four handfuls of pistachios a day for just three weeks experienced both significant improvements in blood flow through the penis and significantly firmer erections.

?





Kick Back And Relax

Ryan Decenzo performs an ollie up to kickflip at Aspotogan, Hubbards, Nova Scotia, Canada, in September 2014. Since turning pro in January 2010 Ryan hasn't had much time to kick back and relax, winning bronze at the 2010 Street competition, followed by a gold medal in the X Games Game of Sk8, silver in Real Street and 5th place in Street. His secret weapons are his rail skills, which Ryan has refined over years of practice as part of his personal skate style. This young gun from Vancouver is now taking his passion to the screen, starring in several skate films, including Transworld's 'Hallelujah'. **MMH**

MOVIE STAR MOTIVATORS



It's not uncommon for movie stars to drastically change their weight or body shape to suit a specific role. They become the character, and the script becomes the motivator.

WHAT MOTIVATES YOU?

Check out Will Smith's impressive list of training achievements

▲ 2001 - ALI

To achieve Ali's real-life fighting weight of 98kg, Smith gained an impressive 13.6kg of muscle. He also went toe to toe with former middle-weight boxer Sugar Ray Leonard as part of his training for the role.

▼ 2004 - I, ROBOT

In six months Smith managed to reduce his total body fat percentage from 12 down to 7.5 per cent. He was said to achieve this through weight training five times a day, running 8km a day and boxing twice a week.

▼ 2007 - I AM LEGEND

Smith dropped 6kg of fat for his role as the last man on earth, surrounded by zombies. Smith says it was easier to drop the weight than it was to gain muscle for Ali, but it's still a good effort nonetheless.

▲ 2014 - FOCUS

Now 45 years old, it doesn't seem Smith is keen to give up his action-man persona just yet, staying pumped for his scenes in Focus by working out on set. We'd be training on the job too if Margot Robbie was our co-star!

what can yoga do for you?

You might think yoga class is just a boring, touchy-feely workout your girlfriend does to stay flexible, but it's actually a great way to keep fit. Practising yoga regularly can help lower heart rate and blood pressure and possibly help relieve anxiety, depression and insomnia. It will also keep your body agile and safe during those higher-stress workouts you love like weight lifting. While you may be inflexible to start with, don't give up - everyone starts somewhere and the benefits far outweigh the embarrassment of a dodgy downward dog.

TAKE-HOME MESSAGE

Yoga is for everyone, not just hippies. There are even some studios that run foundation classes specifically for men who have done little or no yoga previously. Jump online at www.findyoga.com.au and discover a class near you.



IS CROSSFIT ON THE OUT?

A survey by the Fitness Show NSW has revealed that working out at the gym and lifting weights are still the most popular workout choices for Aussies, followed in rank order by personal training, boxing, walking, and running. This result has seen Crossfit drop from the top six in 2015.



5 TIPS TO OPTIMISE FAT LOSS

WORDS Alex Kuhle

1. HAVE 3 GRAMS OF CINNAMON SPICE DAILY

WHY? Cinnamon spice improves glycaemic control and insulin sensitivity, leading to long-term fat loss. However, continuous intake is needed as positive effects are quickly reversed if ceased.

WHAT TO DO: Add it to your morning coffee, shake or smoothie or sprinkle over your morning oats or cereal.

2. EAT CARBOHYDRATES AFTER EXERCISE

WHY? A common practice is to have carbohydrates roughly one hour before training to ensure glucose is readily available to the muscles. However, studies show that meals ingested within 60 minutes pre-exercise resulted in a greater blood glucose level reduction at the start of exercise, meaning you get tired around 10-15 minutes into your session. Another study demonstrated that when carbohydrates are consumed up to six hours prior to exercise, blood glucose concentrations drop

significantly, potentially causing early-exercise hypoglycaemia (low blood sugar) in some individuals.

WHAT TO DO: Studies have shown that when males consume carbohydrates post-workout (rather than pre) they burn more fat - so save your chicken, rice and sweet potato until after your sweat-sesh.

3. DRINK MORE GREEN TEA, LESS COFFEE

WHY? Studies have established that average fat oxidation rates were 17 per cent higher after ingestion of green tea and an average increase in 13 per cent for insulin sensitivity.

WHAT TO DO: Drink green tea in the morning instead of your regular cup of Joe, and when having carbohydrates (inhibits digestive enzymes).

4. DON'T OVERDO IT

WHY? Metabolic and behavioural changes occur to compensate when performing regular long-duration exercise. This includes the conservation

of energy and the tendency to snack more often.

WHAT TO DO: If fat loss is what you're after, don't overtrain. Studies show that 30 minutes of exercise produced similar amount of fat loss as compared to one hour of exercise.

5. HARNESS THE POWER OF LIQUORICE

WHY? Studies revealed a 2% body fat reduction after eight weeks consuming small amounts of liquorice daily. This was believed to be in conjunction with lowering cortisol. Cortisol is involved in the distribution and deposition of fat, and its action is regulated by the activity of 11 β -hydroxysteroid dehydrogenase. Glycyrrhetic acid is the active ingredient of liquorice which blocks 11 β -hydroxysteroid dehydrogenase type 1, thus reducing the availability of cortisol.

WHAT TO DO: Have 3.5 grams of liquorice a day, which can be found in liquorice tea or extract.

MMH



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WERE YOU SEEN AT...

WBFF AUSTRALIA

Where Fitness meets Fashion!



The WBFF is short for World Beauty Fitness and Fashion. Models have the look and physique of fitness athletes - but the theatricality, pounding music and wild style of this competition make it clear that this isn't a traditional fitness show. WBFF is the best of the best in fitness, fashion and beauty... where muscle, fitness and bikini models come together to strut their stuff in one spectacular showcase.

The first of its kind, the exciting and theatrical fitness experience was performed with a custom designed set at the famous Arts Centre on the beautiful Gold Coast in May this year. Men's Muscle and Health were there to catch all the action - check out some of our favourite shots from this years show!



Shannon Bond, Jackson Johnson, Haydon Barnes



"CONGRATULATIONS TO AUSTRALIA'S NEWEST WBFF FITNESS MODEL PRO BRIAN CHOI"



William Wong, Salman Dayoub, Jordan Anderson



Tyson Dean

Photo Credit: Zac Esam

Photo Credit: Zac Esam



"CONGRATULATIONS TO AUSTRALIA'S NEWEST WBFF MUSCLE MODEL PRO SALMAN DAYOUB"





RETHINK YOUR DRINK

If you want a six-pack, it's time to stop chugging back those cans of soft drink. Sugary beverages such as juice or soft drink actually trick your blood into thinking it has energy. In reality, consuming too much sugar prevents the uptake of muscle-building amino acids and steals building material you need for working out at your hardest. Consuming sugary drinks means you're taking in kilojoules that your body cannot use up so you'll be gaining nothing but belly. In conclusion, it's best to stick to your water and protein shakes and leave it at that!

blow off some steam!

In a study with 100 Spanish firemen, the University of Granada (2014) has shown that supplementing with ubiquinol lowers the degree of inflammation after intense physical exercise. Ubiquinol is the direct active form of CoQ10. CoQ10 is well known for its antioxidant activity, and with ubiquinol the opportunity for its benefits is maximised. Ubiquinol is present in the body, however, its ability to produce declines with age, stress, disease and physical exertion.

*The InterAct Consortium. Consumption of sweet beverages and type 2 diabetes incidence in European adults: results from EPIC-InterAct. *Diabetologia* PMID, 2013. <http://stochasticscientist.blogspot.com.au/2013/04/back-news-about-sugary-soft-drinks.html#sthash.GJNRRvPI.dpuf>

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turn on the green gene

Chowing down on leafy green veggies provides you with fibre and antioxidants to promote healthy fat loss, and the latest research only adds to these amazing benefits we already know about. Eating leafy greens 'turns on' the gene called T-bet that produces special immune cells in the digestive system. These cells are called innate lymphoid cells (ILCs) and promote a healthy environment in the intestines. This protects your intestines from bad bacteria, lowers inflammation, controls food allergies and keeps fat off the stomach.

TAKE-HOME MESSAGE

Simply eat more dark leafy greens such as spinach, kale or collard greens. If you aren't into salads, throw some spinach into your morning smoothie or include a green superfood powder such as Spirulina.



Did you know?

Per calorie, kale has more iron than beef!



REVIEWS

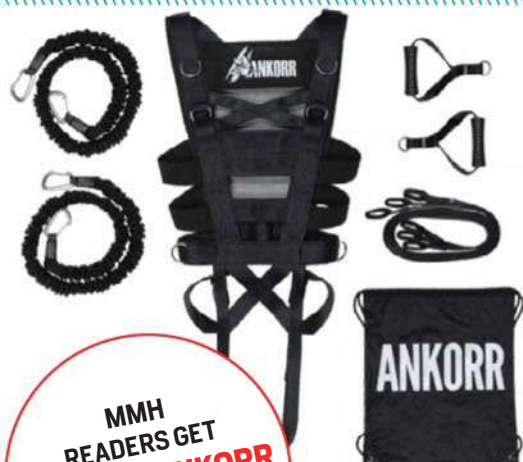


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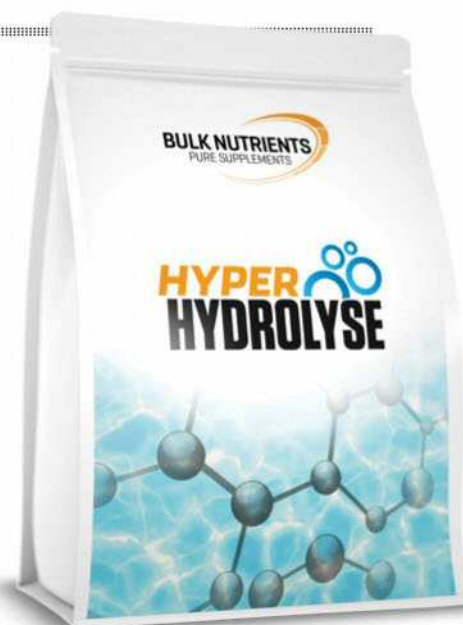
training. Performing "Bear Crawlz" in an Ankorr is a brutal workout that uses all the muscle groups and will have you blowing diesel in less than two minutes. Backed by the primal movement training arm ZUU, Ankorr is the new normal in functional fitness.

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WEBSITE: bulknutrients.com.au/hyperhydrolyse



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facilitates rapid hydration on the cellular level. The polarised electrolytes absorb through the palate directly into the blood. Within seconds these activate dehydrated red blood cells to draw in the water already in the plasma. Basically, Hydra-Blast™ takes water from the plasma to hydrate the red blood cells where hydration is most important. With Hydra-Blast™ you can

experience extended endurance, sharper mental focus, heightened eye-hand coordination, reduced or eliminated cramping, faster recovery, increased oxygen uptake and enhanced absorption. If you're not satisfied, Hydra-Blast™ offer 100% money back guaranteed.

PRICE: \$69
WEBSITE: hydrablastpromo.com/mmh





UNDER ARMOUR Gemini

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PRICE: \$199.99

WEBSITE: www.salomon.com
(1800 651 872 for Australian orders)

ADIDAS Ultra Boost

Energy-returning boost™ in the midsole gives these men's running shoes a soft but not too-soft feel. They have a breathable mesh upper with a bootie-like fit and feature a grippy rubber outsole that's built to log miles.

PRICE: \$220 | WEBSITE: www.adidas.com.au



DID YOU KNOW?

When you jog, **your feet** hit the ground around **1320 times every kilometre.**

ECCO Biom Train

The Ecco Biom Train has a sporty, low-cut upper in full-grain or yak nubuck leather for a soft feel and a snug comfortable fit. Low-to-the-ground sole

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PRICE: \$269.95

WEBSITE: au.shop.ecco.com



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EMU Paterson Lo Boot

Emu Australia's Paterson Lo boot is 100% waterproof suede and Australian sheepskin, guaranteed to keep your toes toasty this winter. The boots boast a durable rubber outsole and sealed seams between suede and sheepskin.

PRICE: \$189.95

WEBSITE: www.emuaustralia.com

FIVE TIPS TO BUYING NEW RUNNERS

1. Shoes don't come with an odometer, so check you need new shoes: look for signs of wear and tear on the soles, if the forefoot has shifted medially and laterally, or if you're continually injuring yourself while running.
2. Always take your socks to try on shoes. The thickness or thinness of your regular sock can make a big difference to the fit.
3. Check closely for defects: your shoe should sit level on a flat surface.
4. Bend your toes and check that the shoe flexes at the widest part of the shoe.
5. To get the right size, make sure that there is at least once finger's width of distance between your big toe and the front of the shoe.

TROOPERTRECK

Australian man Jacob French walked over 4,850km from Perth to Sydney wearing the same Storm Trooper costume, but went through seven pairs of shoes.



NIKE Free

Nike introduces three evolved running styles: the Nike Free 3.0 Flyknit, the Nike Free 4.0 Flyknit and the Nike Free 5.0. The new models take the next step toward harnessing the natural motion of a runner's feet and body – eliminating layers, seams and bulk.

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WEBSITE: www.nikestore.com.au



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SPLIT SQUAT SINGLE ARM KETTLEBELL HOLD

TARGET: Gluteus maximus, hamstring and quadriceps.

ACTION: Assume a lunge position with one leg in front of other, kettlebell held in the hand opposite to front leg. Lower yourself so kettlebell and knee touch the ground at the same time. Return to upright position.

SETS & REPS: Do 3 sets x 15 reps each side





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FIGHT FREE RADICALS

with antioxidants

We answer the most common questions surrounding antioxidants, what they can do for you and where to find them.

WORDS Matt Weik

We can visualise the effect free radicals have on the body by cutting an apple open and sitting it on the table. After a couple of minutes, the apple starts to turn brown - this is due to free radical damage. Now, in order to prevent the apple turning brown, it is best to put some lemon juice on it. The antioxidants from the lemon juice protect the apple from being attacked. Antioxidants can also help protect the body from free radical damage.

Free radical damage can also be seen on poles or railings when they rust. Rust is due to the oxidation of the metal. Think of antioxidants as Rust-Oleum. The more coats of Rust-Oleum that you put on the pole, the longer the pole is protected. The same goes for the human body. The more antioxidants that are taken in, the more protected the body is against free radical damage.

Free radical damage can do numerous things to cells: mutate the cell, damage the cell, and even kill the cell. If any one of these things happens, it can negatively affect an individual's health, which is why it is important to understand antioxidants, what they can do for you, and where to find them.



Photo Credit: Shutterstock.com

“ THE MORE ANTIOXIDANTS THAT ARE TAKEN IN, THE MORE PROTECTED THE BODY IS AGAINST FREE RADICAL DAMAGE.



What are antioxidants?

Antioxidants are chemicals that reduce the rate of oxidation to cells and biomolecules. Oxidation is where chemical reactions transfer electrons from a substance to an oxidising agent, which results in changing the original chemical to something different. Free radicals are the main culprits in damaging cells. Antioxidant-rich foods and supplements help prevent free radical damage.

A large number of antioxidants are found in dietary supplements used to help prevent cancer and heart disease, not to mention to help with everyday overall health. And while dietary supplements only have specific antioxidants in their products, a good diet can yield thousands of different antioxidants.

What is the purpose of antioxidants?

Antioxidants may be the next best thing to sliced bread. They help boost the immune system, which prevents cellular damage and lowers the risk of cardiovascular disease. There is a lot of research being done on antioxidants and the research that is out there today all looks good. Antioxidants may slow down, prevent, and even reverse certain diseases that come about due to cells that have been damaged. This all sounds fine and dandy, but the big kicker is that research is actually showing that antioxidants could be a natural way to slow down the ageing process. No more need for “the fountain of youth” - just make sure you are getting ample antioxidants in your diet each day.

Does exercise also fight free radicals?

Did you know that exercise actually causes more free radical damage within the body? But don't let this

crush your spirits as the positives of exercise greatly outweigh the negatives. When exercising, oxygen consumption is increased (at least it should be if you are working hard enough) and this causes an increase in free radicals, which damage cells and cause muscular fatigue. The body uses naturally occurring antioxidants to help reduce free radical damage.

The good side of this story is that evidence shows that exercising strengthens the body's antioxidant defence system. It is because of this that diseases associated with oxidative stress are found at a lower incidence rate in individuals who exercise.

What are some specific antioxidants?

Vitamin E, beta-carotene, vitamin A, and coenzyme Q10 are all antioxidants that protect lipid membranes while vitamin C, glutathione peroxidase, superoxide dismutase, and catalase protect the body from free radicals that are found in water-based cytoplasm.

A great place to find antioxidants is in our diet. Vegetables, fruits, grains, legumes, and nuts are all great sources of antioxidants. Blueberries, raspberries and blackberries all have an abundant amount of antioxidants in them. Spinach and capsicums are both great vegetable sources of antioxidants. Grains that have a good amount of antioxidants include barley, corn and millet. A place that not many people would think to look for antioxidants is in cocoa products such as dark and some milk chocolate – but they're there! For those who wish to drink their antioxidants - coffee, red wines, and teas such as black, green, and white are great for battling free radicals. Those looking for a healthy snack can also find antioxidants in almonds, pecans and pistachios. **MMH**

EAT YOUR ANTIOXIDANTS

Vegetables:

- Onions
- Ginger
- Garlic
- Chives
- Tomatoes
- Carrots
- Kale
- Spinach
- Green leafy vegetables
- Broccoli
- Cauliflower
- Cabbage
- Brussels sprouts
- Peas

Fruit:

- Grapes
- Blueberries
- Strawberries
- Cherries
- Apples
- Grapefruit
- Cranberries
- Raspberries
- Blackberries
- Pomegranate
- Orange
- Plum
- Pineapple
- Lemon
- Dates
- Kiwi
- Clementine
- Watermelon
- Apricots
- Prunes

Nuts:

- Walnuts
- Sunflower seeds

Legumes:

- Soybeans
- Broad beans
- Pinto beans
- Ground nut

+ LEAN MEAN MUSCLE

HIT ABS FROM EVERY ANGLE	P30
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FUNCTIONAL FITNESS FOCUS	P71
TRAIN LIKE AN MMA PRO	P80
SUPERSET A MASSIVE CHEST	P98
STRENGTHEN YOUR SHOULDERS	P116

FITNESS MODEL: Eloise Wyvill

Photo Credit: Dallas Olsen





IS SHE YOUR SWOLE-MATE?

She might have a smokin' hot mid-section and be a great gym buddy, but that doesn't necessarily mean she's the one. It turns out that while women see rings, proposals and weddings as the ultimate sign of commitment, men consider a woman's understanding of who they are to be most essential to relationship longevity. According to Paul Dobransky, MD, author of *The Secret Psychology of How We Fall in Love*, there are two things you need to know before you decide to pop the question.

1. SHE BELIEVES IN YOU AS A MAN. Find a partner who naturally admires your manly qualities, as it will only make you more attractive to her as time goes by. If she doesn't, you may begin to feel less masculine over time.

2. SHE UNDERSTANDS YOUR CAREER. Find someone who passionately supports your mission in life and you will have a true and equal partner. Without understanding in this area, financial arguments (the greatest predictor of divorce) are likely. **MMH**

ABS

FROM EVERY ANGLE

Try this ten-minute abs circuit to blast fat and build a stronger core.

FITNESS MODEL Andrew Psomadellis | **IMAGES** Dallas Olsen

ABOUT THE ATHLETE

Andrew Psomadellis is a 25-year-old fitness model, competitor and mentor. Starting out with a slim build, Andrew struggled to put on weight throughout his early teens. It wasn't until he first stepped foot in a gym, and after scouring the internet for all the information he could

find, that Andrew started to see real results. After three-years of consistent training and quality nutrition, Andrew packed an incredible 30kg onto his frame. The self-taught fitness model has competed in nine competitions, winning juniors is his second ever bodybuilding show. He

then went on to place 6th in the WBFF World titles and 4th at the WBFF Australian titles. Late last year he stepped on the WBFF World stage again, coming away with earning his PRO Status. On top of competing, Andrew is a full time Personal Trainer at Empire

Fitness Centre on the Gold Coast. He finds satisfaction in helping others with advice, nutrition and motivation through his Facebook and Instagram (@andrew_fitpro) and hopes to inspire fellow fitness fanatics to push themselves to reach their potential.



The beauty of training abs is that it doesn't have to be a long, elaborate process. These four moves can be done with minimal to no equipment, anywhere, any time! Move through these exercises one after the other, minimising your rest in between. You can start with just one circuit and move up to two or three circuits as you get fitter. Perfect for doing on its own or adding to the end of your regular gym sesh, this quick ab routine is suitable to perform up to three times a week. Do this for six weeks and reap the rewards of a more well-defined mid-section and a stronger core.

THE WORKOUT :

Exercise	Duration/Reps
Bicycle Crunch	90 Seconds
Floor Crunch	20 reps
Plank	90 seconds
Oblique Twist	20 reps

Bicycle Crunch

SET-UP: Lie on your back with your legs elevated at about a 45-degree angle or flat on the floor as pictured. Place your hands at the back of your neck and raise your upper back off the ground.

ACTION: Bend one knee, bringing it toward your body, keeping your abs hollowed out. At the same time, rise up with your upper body, twisting your opposite elbow to the bent knee. Crunch down on your midsection, feeling your rectus and obliques working. Extend your bent leg back to the starting position. From there, move your elbow to the other knee as you pull it in. Alternate until you've completed all the reps on both sides.



Plank

SET-UP: Get into a plank position with your forearms on the floor. Make sure your body is straight from your heels to the top of your head – don't sag, pike at the hips or drop your head.

ACTION: Pull your abs in tight, hollowing out your lower abs without changing your body position. Control the position using the strength of your core and hold for 60 seconds, working up to two minutes.

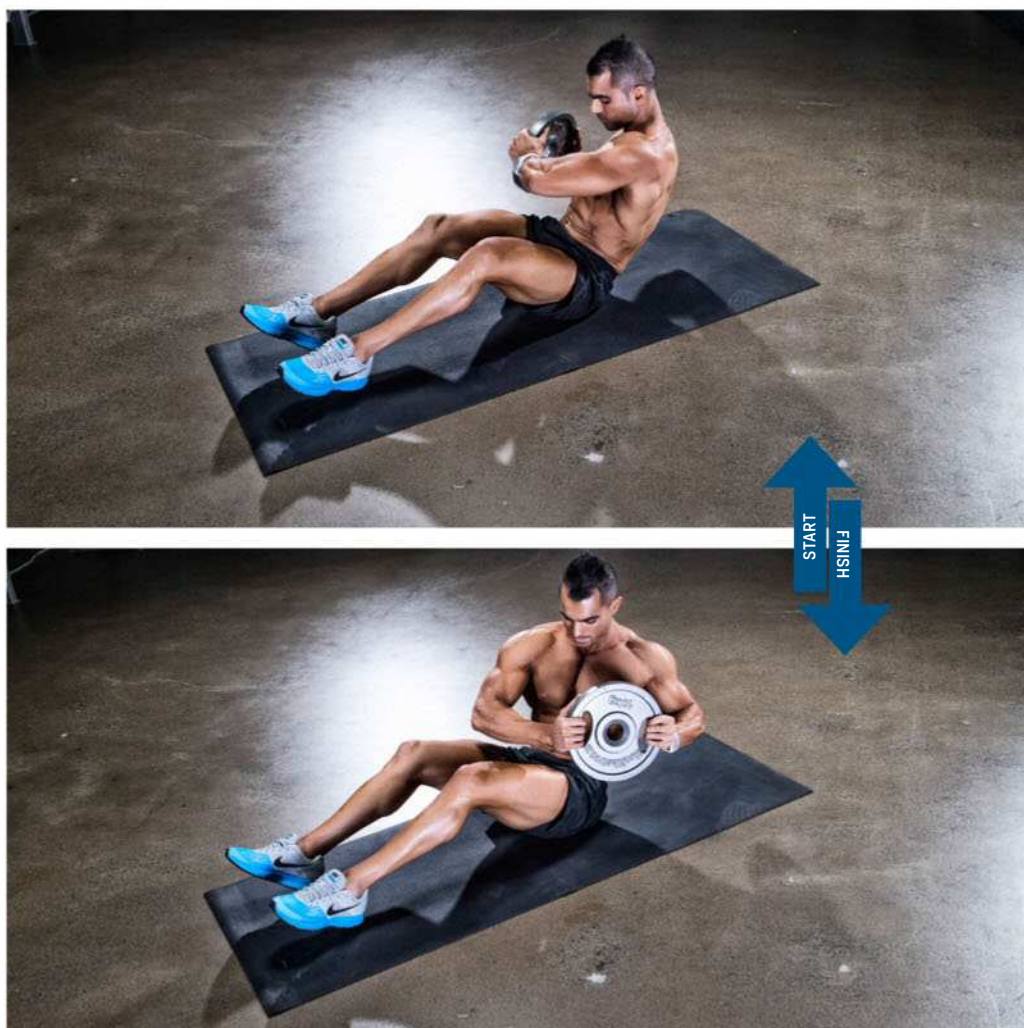
TIP

As you progress and get stronger, try raising one leg about 20cm and holding for 30 seconds. Lower with control and switch legs.

Oblique Twist

SET-UP: Lie down on your mat and bring your upper body off the floor. Grasp a weight plate (as pictured) or medicine ball and hold it just out from your torso in front of your chest. Head should be straight and eyes focused forward.

ACTION: Keeping your arms locked in position, twist your torso to one side until your arms are almost parallel to the floor. Hold this position for a count before returning to the middle and twisting to the opposite side. This is one rep.



Floor Crunch

SET-UP: Lie face-up on the floor with your knees bent and your feet flat on the floor for stability. Place both hands behind your head with your elbows pointing out.

ACTION: As you exhale, slowly use your abdominals to curl yourself up, closing the distance between your pelvis and ribcage. As you do so, keep your neck straight and eyes focused on the ceiling.

TIP

If you're feeling confident, grab a weight plate (as pictured) or medicine ball to increase the difficulty of the movement.



BREAK OR BOUNCE?

By developing mental toughness and an all-round positive approach in your life, you can learn to “bounce back” from adversity.

WORDS Geoff Edwards

When faced with adversity, do you break or bounce back? I am sure many of you reading this article have set resolutions or goals in the past and, just when you were about to take the first step to realising them, something came along to throw you off course. But if you accept that “life is uncertain” and through uncertainty you will grow as an individual, you are off to a great start in building your resilience. Then by developing mental toughness and an all-round positive approach in your life, you can “bounce back” just like a rubber ball. This article shares tips and techniques to develop a new level of resilience.



“THE GREATEST GLORY IN LIVING LIES NOT IN NEVER FALLING, BUT IN RISING EVERY TIME WE FALL.”

Nelson Mandela

How resilient are you?

Resilience is that quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their reserves, they find a way to rise from the ashes. Psychologists have identified some of the factors that make someone resilient; among them a positive attitude, optimism, the ability to regulate emotions, and the ability to see failure as a form of helpful feedback. Even after misfortune, resilient people are blessed with such an outlook that they are able to change course and soldier on.

If you take time out to reflect on your life so far, what would you consider is your level of resilience? Is it above or below 50 per cent? What adversities have you faced and how have you handled them? It is good to recognise the great things you have done and then consider the areas you could improve upon.

Failure and Resilience

Failure and how we handle it determines our resilience. However, many of us give ourselves a hard time when we fail. How many of you can relate to the following statements after a failure: “I should have done it this way,” or “I should have approached

it like this.” Sound familiar? Instead, try asking: “What could I have done differently?” A coaching conversation with ourselves, in which we ask challenging questions, can bring out new insights and help build new approaches to success.

Sir Richard Branson has indicated in many of his books that how people deal with failure is what sets apart the successful from everyone else. “Failure is one of the secrets to success, since some of the best ideas arise from the ashes of a shuttered business,” he explains. The strongest entrepreneurs and leaders are ones that have experienced failures and have proven their resilience in the face of adversity. “Resilience is one of the hallmarks of an entrepreneur who can stay in business in the long term,” Branson argues.

Be Inspired by Others

There are numerous examples of individuals who are an inspiration to us for building resilience. Louis Zamperini was a World War II prisoner of war, an Olympic athlete and writer. He was born in January 1917, in Olean, New York. Raised in California, Zamperini joined the track team in high school. Excelling at long-distance events, Zamperini competed in the 1936 Berlin Olympics and was set to compete again in the 1940 Games in Tokyo, which were cancelled when World War II broke out. A bombardier in the Army Air Corps, Zamperini was in a plane that went down, and when he arrived on shore in Japan 47 days later, he was taken as a POW and tortured for two years. After his release, Zamperini became an inspirational figure, and his life served as the basis for the 2014 biography *Unbroken: A World War II Story of Survival, Resilience and Redemption*.

Another example of how extreme resilience is built in individuals is Australia's Special Air Services Regiment (SASR). The regiment was established after World War II out of a need for smaller teams to work outside normal military operations. The characteristics of the SAS soldier remain unchanged: emotional and physical resilience and mental toughness. But what sets them apart is their extreme



“THE STRONGEST ENTREPRENEURS AND LEADERS ARE ONES THAT HAVE EXPERIENCED FAILURES AND HAVE PROVEN THEIR RESILIENCE IN THE FACE OF ADVERSITY.”

psychological resilience and their unique cognitive ability.

SASR soldiers - men and women - are subjected to what is thought to be the toughest, most gruelling selection process known. By using techniques such as sleep deprivation and food deprivation you can really strip back a person and see their levels of resilience and levels of cognitive ability. The specifics aren't something that can be disclosed. However, the end result is a hand-picked, highly homogenous group of soldiers trained to handle the most gruelling and complex military operations.

By using these inspiring examples, you can build your own capability and resilience to adversity using a combination of physical and mental techniques.

BUILD YOUR RESILIENCE

- Develop an optimistic view of the world
- Learn from the best about models of resilience
- Consider that there is not one single path to success
- Take time to think about all that you have learned from a mistake or a failure
- Understand how well you handle adversity and uncertainty
- Going back to basics, test yourself emotionally and physically to build your capability
- Ensure a well rounded approach to life

Overall, what I have discovered in working with individuals is that by looking at all aspects of their lives, resilience can be developed in an exciting new way. I welcome any feedback on my articles, or suggestions for future topics. In addition, if you would like to share any successes that you feel excited about, please let me know. **MMH**

Geoff Edwards is an internationally accredited Life Coach with over 25 years of coaching experience who can support you on your journey to success with results that last. He can be contacted via geoffedwards@bigpond.com through his website www.geoffedwards.net



The Hip – Part 1

Hip pain is one of the most frequent complaints in my practice from week to week. The hip is more prone to bone and joint damage and, being a weight-bearing joint, is far more prone to age-related complaints than any other joint. Age-related complaints can often be categorised according to the timing of presentation. From congenital disorders in the infant, to growth plate and vascularisation issues in the adolescent, to degenerative arthritis in the ageing population. Thankfully, most of these complaints can also be diagnosed via radiographic studies.

Being in close proximity to the lumbar spine, buttocks, groin and abdominal organs, it is important to realise that referred pain to the hip and from the hip can have a major bearing on final diagnosis.

By Dr. Matthew Davidson B.Sc., M.Chiro. Director, Hope Island Chiropractic Centre Certified Active Release Technique Provider Member, Member, Chiropractic Association of Australia, Member, Sports Chiropractic Australia



Anatomy

The hip joint connects the pelvis to the femur. It is a classic synovial ball-and-socket joint in which the head of the femur forms the ball and the acetabulum (of the pelvis) forms the socket. The architecture of the joint may seem simple but it is very complicated, with more than 20 muscles spanning the joint.¹

The hip joint is triaxial, meaning it can move in three planes: flexion/extension, abduction/adduction, and rotation.² The main function of the hip is to support the weight of the body while standing, and while walking or running.

What can go wrong?

Hip Fractures

Approximately 1.2 million Australians aged over 20 have osteoporosis, and a further 6.3 million have osteopenia (loss of bone density). Thus, 34 per cent of the population has low bone density. Focusing on Australians aged over 50 years, a new report indicates that 66 per cent in this age group have poor skeletal health, 1.04 million with osteoporosis and 3.7 million with osteopenia.³ Osteoporosis is mainly accounted for in Australian women (81 per cent), and occurs predominantly in people over 50 (85.8 per cent).⁴

Osteoporosis is the most common cause or predisposition to hip fractures in the elderly population. This usually occurs from a fall and can be fatal. Studies suggest that 20-25 per cent of patients will die within the first year after surgery for hip fracture.⁵

Management of hip fractures requires

a collaborative, multi-disciplinary approach, underpinned by effective team work, coordination of care and clear communication. Joint responsibility for clinical management by an orthopaedic surgeon and geriatrician ensures that surgical and medical considerations are addressed concurrently from the time of admission to optimise patient care and outcomes.⁶

Osteoarthritis of the hip

Middle-aged to elderly people can present with increasing stiffening of the hip, buttock or groin pain often of slow uneventful onset. Even walking becomes an obvious sign with the person turning their leg outwards to take pressure off the joint, and the beginnings of lower back pain due to the lack of hip movement.⁵

Osteoarthritis of the hip is presumably caused by accumulation of microtrauma to the articular cartilage lining the joint. Pre-existing anomalies of the hip usually accelerate this condition. For example, Perthes disease in the adolescent (femoral head bone death due to poor blood supply).

Radiographic studies are needed to assess the severity of joint compromise. Generally mild to moderate cases respond reasonably well to conservative care. Gentle joint mobilisation, myofascial releases, and non-weight-bearing exercise such as swimming and bike riding can make the condition manageable.

In severe cases, when there is constant pain and discomfort 24 hours a day, a hip replacement is usually the only solution. ▶

Labral Tears

The acetabular labrum is a fibrous rim of cartilage around the hip socket that is important in normal function of the hip. It helps keep the head of the femur (thigh bone) inside the acetabulum (hip socket). It provides stability to the joint. When a tear occurs in the labrum, moderate to severe pain occurs with groin pain being a dominating factor. Pain is worse with activity, causing a limp, and night pain is not uncommon. The hip can "click" and give way without warning. Causes of labral tears can be micro-repetitive trauma and traumatic. Damage to the cartilage (chondral) surface of the hip and accelerated degenerative changes can occur with labral tears.⁵

Conservative management of labral tears is limited. Some studies have suggested non-steroidal anti-inflammatories and two to three weeks of non weight-bearing may help.⁵ Usually an orthopaedic specialist needs to perform an arthroscopy of the hip to rectify this condition. Early detection and intervention is most favourable.

Trochanteric Bursitis

The presentation for bursitis is generally 40 to 60 years old, well localised pain on the side of the hip, and unable to sleep on the involved side. It can be caused by trauma (walking into something at hip height), repetitive activity where friction over the bursa becomes inflamed, altered biomechanics with walking, running, change in foot wear, underlying hip arthritis.⁵

The bursa is a fluid-filled sac that helps provide a buffer between muscles and bony surfaces in areas that are predisposed to increased friction. Treatment usually consists of ice application to the area, non-steroidal anti-inflammatories, stretching of the abductors and external rotators of the hip, manipulation and correcting altered biomechanics. Soft tissue techniques like Active Release Techniques® can help take pressure off



the area by releasing surrounding muscle and fascia. Often a cortisone injection is need for stubborn bursa not responding to treatment.

Snapping Hip syndrome

Snapping hip syndrome is a condition where people are generally not in pain but complain of a snapping or clicking sound in the joint with certain movements of the hip.⁵ The condition is more an annoyance than a pain-causing issue. I have found this condition in many dancers, martial artists, gymnasts, and people who take aerobics classes. As a general observation, women suffer this condition a lot more than men. Although this condition can occur posterior and laterally, I find that

anterior is most common. This is the tendons of the iliacus and psoas muscles snapping over the anterior joint capsule.⁵ People seem worried about what the clicking sound is and when the condition is explained it seems to relax the patient, knowing that there isn't a joint issue. Treatment usually involves strengthening the muscle in question and I have found treating it with Active Release Techniques® very effective if strengthen fails. **MMH**

Keep an eye out for part two of the Body Part Explained: Hip article, which will include demonstrated hip-strengthening exercises that you can do at home.

References

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STRENGTHEN YOUR SHOULDERS

STRENGTHEN YOUR SHOULDERS

Garry Turner shows you how to strengthen your shoulders and develop that imposing physique you desire.

“Once you have strengthened your shoulders, you will be able to lift more weight in almost all other upper-body dominant exercises. Lifting more weight will lead to an overall increase in muscle mass!”

*Turn to page 116 for this
full body workout!*



strengthen your willpower

Willpower is like a muscle. It gets tired, and the more fatigued it becomes, the less ability we have to control our impulses. But... you can also make it stronger.

WORDS Kate Swann and Kristina Mamrot Psychologists and Authors
www.pscounselling.com.au

Willpower: it's what we all want more of. Just imagine what you could achieve if you could exert that self-control.

You'd stay at work and finish that project you've just given up on to go home and lie on the couch, beer in one hand and remote control in the other. You'd get up an hour earlier every morning to go for a run and hit the gym, instead of hitting the snooze button and rolling over.

You'd swap that second beer for mineral water, you'd drink a herbal infusion instead of your third coffee for the morning, you'd order a salad for lunch instead of a burger, and you'd have an apple instead of a chocolate bar when the 3pm munchies hit. You'd read that book that's gathering dust on your bedside table instead of channel surfing and watching crap TV at night, or sport reruns.

One of the most common laments we hear from our clients is "I just need more control!" A researcher from Florida

State University, Dr Roy Baumeister, has poured a lot of hours into looking at willpower, and finding out not only how it works, but how you can improve on it. And what he found is – willpower is finite. Willpower is like a muscle. It gets tired, and the more fatigued it becomes, the less ability we have to control our impulses.

So that sort of explains how you can start off the day brimming with good intentions, energy and positivity oozing out of every pore, but finish the day on the couch with the remote control, beer and nuts lined up. You've given up and left work at 5pm on the dot, driven past the gym on your way home, and dialled a pizza instead of grilling that steak and tossing that salad.

According to Dr Baumeister, there are several hundred published studies that have replicated the depletion of willpower. They've put people in rooms in front of chocolate and pastries and told them to resist the temptation to eat them. And then they measured how long

the participants would persevere on a frustrating task. The people that resisted the chocolate gave up a lot faster when it came to working on the frustrating task.

The effort of resisting the sweet food – of exerting energy not to eat it – drained their willpower. So when they needed willpower later for another task, they weren't as strong, or didn't have as much control, as they did earlier. Now the really rotten thing about this is: we use our willpower all the time to stop ourselves doing things we want to do. We're constantly depleting that willpower muscle.

Just think about it – how often do you have a desire to do something during the day? When was the last time you felt like checking your email or Facebook, having sex, grabbing a coffee or something to eat, or even going to the toilet? Well, Baumeister and his team can tell you. Their research has found that we have a desire to do something about half the time we are awake.

“BAUMEISTER FOUND THAT WILLPOWER WAS STRONGER AFTER A GOOD NIGHT'S SLEEP, AND A HEALTHY BREAKFAST.”





“ YOU’VE GIVEN UP AND LEFT WORK AT 5PM ON THE DOT, DRIVEN PAST THE GYM ON YOUR WAY HOME, AND DIALLED A PIZZA INSTEAD OF GRILLING THAT STEAK AND TOSSING THAT SALAD. ”

That’s eight hours a day of experiencing desires. And around 40 per cent of people try to control those desires or urges two out of every five times. It makes sense, really. If you didn’t control the urge to have sex every time you thought about it, no one would get anything done. It also explains why we are more likely to give in to temptation as the day wears on. Our willpower muscle is being secretly depleted all day long!

To make things worse, apparently we can’t tell when our willpower is wearing out. It just happens. And when it’s worn out, that’s when we start to make poor decisions. It certainly sounds like we’re screwed, but don’t be so fast to give up – there’s hope. Just like a muscle, willpower can be strengthened. Baumeister has tested this, too. He found that when people perform self-control exercises over a couple of weeks, they get better at the exercise as well as getting better at self-control on unrelated things.

So, practising self-control on a task like going to the gym Monday, Wednesday, and Friday morning at 6am will not only make you more reliable at doing this, it

will make your self-control over staying back at work later, stronger too.

But you don’t want to try to improve everything in your life at once. Because (have you been paying attention, people!?) that will deplete your willpower. So if you decide to turn over a new leaf this Monday and completely change your whole life, you’re almost doomed to fail. Think New Year’s Resolutions. We typically get drawn into making a long list of things we want to improve in our lives, start the year with a bang, but by February it’s all over.

Just choose one thing, focus on that, and strengthen that willpower muscle. When you’ve achieved that one thing, then – and only then – add another. And start with the easiest thing first. It’s like doing reps at the gym – you slowly increase weight and add reps, building up your muscles as you go. Sure, you want to challenge yourself, but you don’t want to end up hobbling for the next week. Slow and steady wins the race. Got it?

Now there’s one more component to willpower that we need to discuss: you can feed it! In his research, Baumeister found that willpower was stronger after a good night’s sleep, and a healthy breakfast. It then diminished steadily through the day,

except after healthy snacks and meals. An apple and yoghurt for morning tea, and a healthy sandwich for lunch boost flagging willpower levels!

So now that we’re talking food, what about willpower and diet? Come on, admit it, you’ve been waiting for this. What’s the magic secret? Sorry guys, there isn’t one.

Baumeister’s research has found that (surprise, surprise) eating and diet is very complex, and although willpower plays an important role, there are many other factors that contribute to overeating and binge eating. His advice is not to try to stop yourself from eating if you want to lose weight. Instead, fill up with the healthy stuff so your body will have enough energy to fuel your willpower.

So what are you going to do to improve your willpower? You can always put this magazine down, remember a few interesting points to tell people over your next coffee break, and continue doing exactly what you’ve always done. Or you could do something different. Pick something small and realistic, get enough sleep and eat well, and build up that willpower muscle.

If you want to create change in your life, you need to make changes. **MMH**



ICE-COFFEE PROTEIN SHAKE

This coffee and chocolate protein power shake is perfect for preparing the night before and simply whizzing up first thing in the morning for an instant pick-me-up!

Recipe by Jackie Hassett

Ingredients

- ½ cup almond milk
- 1 cup coconut water
- 1 teaspoon chia seeds
- 1 teaspoon maca powder (optional)
- 1 scoop chocolate protein
- 1 shot of coffee

Instructions

Blend almond milk, coconut water, chia seeds and maca powder together until combined. Carefully pour mixture into a freezer-safe zip-lock bag or large ice cube tray and freeze overnight. In the morning, empty frozen mixture, protein powder and a hot shot of coffee (this will help to break up the frozen mixture) into the blender and blend on high until you reach an ice-coffee consistency. Pour and serve immediately.

Nutrients per serve: *Calories: 329, Fat: 8g, Carbs: 23.9g, Protein: 35.7g*



THE MAGIC OF MACA

Maca is an ancient Peruvian superfood now commonly available from health food stores in powder form. A root belonging to the radish family, it throws a serious punch when it comes to health benefits. Rich in vitamins B, C and E, maca is a great source of calcium, iron, magnesium and amino acids. It also touts the ability to boost energy levels, increase muscle mass (when taken in conjunction with a proper exercise program) and help alleviate mood imbalances. Just be careful if you are suffering from testicular cancer, high blood pressure or liver issues, as maca may not be recommended for you. Chat to your GP before incorporating maca into your diet.

WINTER ESSENTIALS: WHAT TO WEAR NOW

Build your winter wardrobe with these key trends and battle the elements in style this season.

WORDS | Craig Lawson

It's that time of year again when the temperature drops and it's hard enough getting out from under the warmth of your blankets let alone thinking about what to wear. So you dig through your cupboard for that well-worn old hoodie and throw your track pants over your footy shorts on the way to the gym. You want to be warm, we get that, but you don't need to sacrifice style for comfort. Follow these four trend tips that will ensure you keep warm in winter without blending into the crowd.



Moschino, Stripe Scarf, \$189, available at Calibre

MMH RECOMMENDS: Industrie (chunky cardigans), Calibre (jumpers), Zara (hoodies)

1. LAYERING

Layering is king as the temperature drops. Arm yourself with plenty of plain t-shirts and cold-weather accessories to ensure you stroll through the season in stylish comfort. Chunky knits and jumpers are a huge trend to emerge with their street-wise edge, plus they are guaranteed to keep you warm. The chunky-knit trend has also pulled an old favourite

from the past – the cardigan! Cardigans have lost the daggy factor; let it hang long and loose-fitting for a casual, modern look. Hoodies are a popular favourite for the gym enthusiast – they can be worn on the way to a workout or underneath a leather jacket for an edgier look when catching up with friends.

2. THE JACKET

Every guy should own at least one leather jacket – they're masculine and reflect that 'bad boy' attitude the ladies love. Studded details add to this; look for chunky zips and details to suit your personal style. If suiting up is more your thing, then the trench coat should be at the top of your winter wish list. Great for a professional

look, the trench coat oozes suave sophistication. This winter, expect to see more of the double-breasted jacket as designers have revived this style from the 60s and delivered a tailored fit for the modern man. Bomber jackets are back again this season (think *Top Gun*) and look great teamed with denim and leather boots for that macho kick.

MMH RECOMMENDS: *Peter Jackson (trench coats), Politix (leather jackets), Moschino (bomber jackets)*



Peter Jackson Trench Coat RRP \$299



Model dressed by Calibre



Model dressed by
Calibre

■ MMH RECOMMENDS: *Topman* (scarves),
Dangerfield (gloves), *Calibre* (hats)



Calibre Smoke Knit Beanie \$59

3. THE TRIMMINGS

Scarves, hats, beanies and gloves – you know this winter drill! These are all the key accessories to keep you warm but looking cool. Starting from the top, search for pure wool hats and beanies as the fibres breathe so you're not stuck sweating under synthetic, scratchy headwear. Next up, the scarf is a key fashion piece and looks great with just about any outfit. Be daring, go for a touch of colour and learn how to tie them for extra comfort and style. To finish, gloves are a must-have in the gym bag and perfect for keeping your hands warm on that brisk morning jog.



■ MMH RECOMMENDS: *Peter Jackson*
(ankle boots), *River Island* (desert
boots), *ASOS* (ankle boots in suede)



Peter Jackson
Chelsea Boot RRP \$169

4. FOR THE FEET

Ankle or desert boots are a hot trend this season with stand-out colours of tan and black. Look for distressed leather and lace-up boots for a rugged, worn-in style. For an edgier look, roll up your denim to sit just above the top of the boot – might as well show them off! Suede is a winner in the

winter style stakes; just ensure you use an excellent suede conditioner to keep them looking fresh and avoid any damage from the winter elements. Take it a step further and opt for coloured suede in rust or blue colours that can work into any wardrobe with ease. **MMH**

LOOK AND PERFORM AT YOUR PEAK



Fitness Model: Joel Bushby Photo by Dallas Olsen



Mens-Muscle-Health-Magazine

MMH
MEN'S MUSCLE & HEALTH



Real men don't sweat,
they water their beards

Photo Credit: Shutterstock.com

DEADLIFTS

THE GYM KING

When performed correctly, the deadlift can slap slabs of muscle to your physique and strengthen all the major muscle groups. We show you how to conquer this king of lifts with a better understanding of movement, set-up and muscle activation.

WORDS Stent Card (MPhty., BExSc)

The deadlift is a multi-joint closed chain (feet in contact with the ground) resistance exercise. The lifter starts in somewhat of a modified squat position (keep in mind, though, that the exercise is very different to the squat), arms straight down gripping the bar (alternative grip will be selected when wanting to achieve maximal strength) and then extending the knee and hip until they are standing upright¹. The squat and deadlift may appear similar from an outsider's point of view, however, the lifts are very different in set-up, lift mechanics and the load placed on the body².

Any person wanting to strengthen their knee, hip or back muscles will most likely deadlift. If being stronger is a goal of yours you should be deadlifting. The deadlift is a very hard lift since you start with dead weight on the ground. From the dead weight start position, force is generated by extension of the knees and hip to power the bar from the floor to lock out.

The deadlift is one of the top exercises to test the maximum amount of weight you can move. It is a very common exercise performed in many training settings by bodybuilders, athletes, strongman competitors, CrossFitters, general gymgoers and for rehabilitation purposes. Deadlifts can receive a bad name as many

“**THOSE WHO HAVE NEVER PERFORMED A DEADLIFT MAY ASSUME IT IS A BASIC MOVEMENT ONLY REQUIRING YOU TO BEND DOWN GRAB THE BAR AND STAND UP. HOWEVER... THE DEADLIFT IS A MUCH MORE TECHNICAL LIFT.**”

people have injured themselves while performing this type of lift. In addition, how many physios do you hear prescribing deadlifts? Not many. However, as a physio I am telling you it is one of the best exercises you can do... if done correctly!

Back injuries are one of the most common injuries in the gym, which is predominantly due to overload or incorrect exercise execution². It is for this reason it is vital to have a good general knowledge of how to deadlift. Those who have never performed a deadlift may assume it is a basic movement only requiring you to bend down, grab the bar and stand up. As you will read, the deadlift is a much more technical lift.

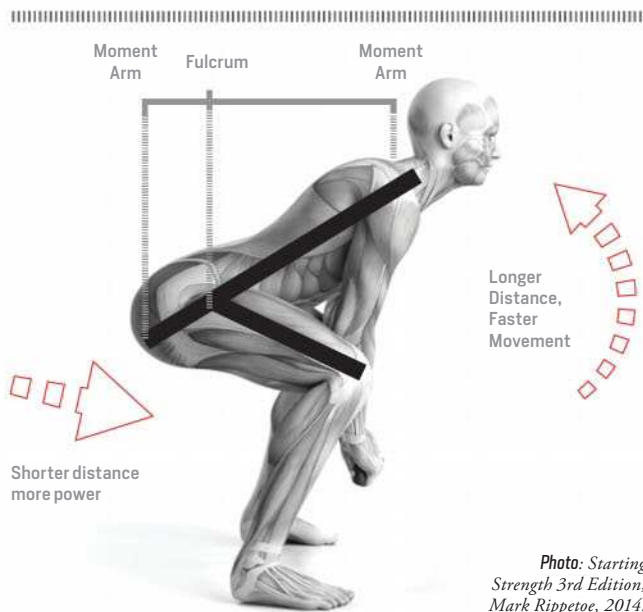
By the end of this article you will have a better understanding of the deadlift movement, how to set up for your next lift, the differences between the two main deadlifts, and the muscles used during the lift.

TYPES OF DEADLIFTS

There are two main types of deadlifts performed: the conventional and the sumo. Why you would use one style of deadlift over the other and why some people prefer one over the other are frequently asked questions, however answering them is beyond the scope of this article. The best way to determine which deadlift to use is to practise both and see which one you are stronger and more comfortable with.

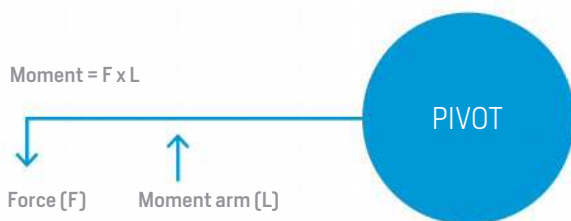
The easiest way to differentiate is via the set-up. Set-up is so important, which is why we will look at it in detail. If you don't set up correctly the chance that you will do the lift with best mechanics is severely reduced. Let's recap a little on a biomechanical term: moments. This is an important factor in understanding how the two deadlifts differ and how to perfect your deadlift. ▶

BIOMECHANICS



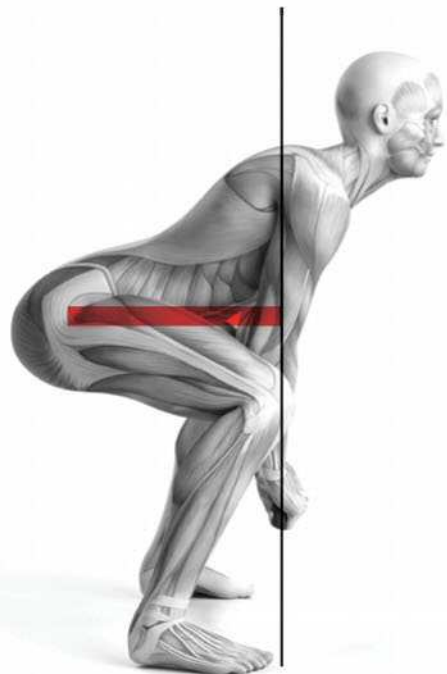
The human hip is known as a class 1 lever. What does this mean? First, the rigid segment of the body is your back, hip and pelvis. The fulcrum during the deadlift is the hip joint. This means it is the point from which we pivot during the lift. There is force developed by your posterior chain muscles (muscles on the back of your legs and trunk) pulling down behind your hips, being your hamstrings, glutes and adductors. There is also a force pulling down in front of the hips, being the load in your hands. Getting the bar load up off the ground can only occur if the force produced by those posterior chain muscles is strong enough. Mark Rippetoe, strength coach and author of *Starting Strength: Basic Barbell Training*, has said that if we could create the perfect human for performing the deadlift, the hips would be closer to the bar³. As we can't do that, what you can do instead is to keep the bar as close to the hips as possible when performing the lift. Keeping the bar in close to the body is actually the role of your lats³.

I will explain why you want to keep the bar as close to you as possible with regards to the term 'moments'. Moments, also known as torque, are the term given to explain the forces acting on a fixed point. In human biomechanics, that fixed point is your joints. The moment about a joint is calculated by force (weight lifted) multiplied by moment arm length. The 'moment arm' is the distance between the joint and the bar/weight acting upon the body. The picture below demonstrates the pivot point, being the joint, and the moment arm.



As already stated, during the deadlift you want to minimise that moment as it will make joint movement easier. To do this according to the calculation (force multiplied by moment arm length) you can either decrease the weight you are lifting or decrease the moment arm length. Obviously when training you don't want to decrease the weight you are lifting, so in order to make the deadlift easier you need to decrease the moment arm length. To do so you must minimise the distance the bar is away from any joint and that is why it is important to keep the bar as close to you as possible.⁴

So where do moment arms occur during the deadlift? During your set-up a small moment arm may occur where the bar is in front of your knees, obviously depending on technique. Beginners have a tendency to have the bar way out in front of their shins, thus creating a larger moment arm, and a larger moment will mean more effort is required. The second main moment arm, no matter the technique, will occur between your hips and the bar as demonstrated in the picture below by the red line⁵.

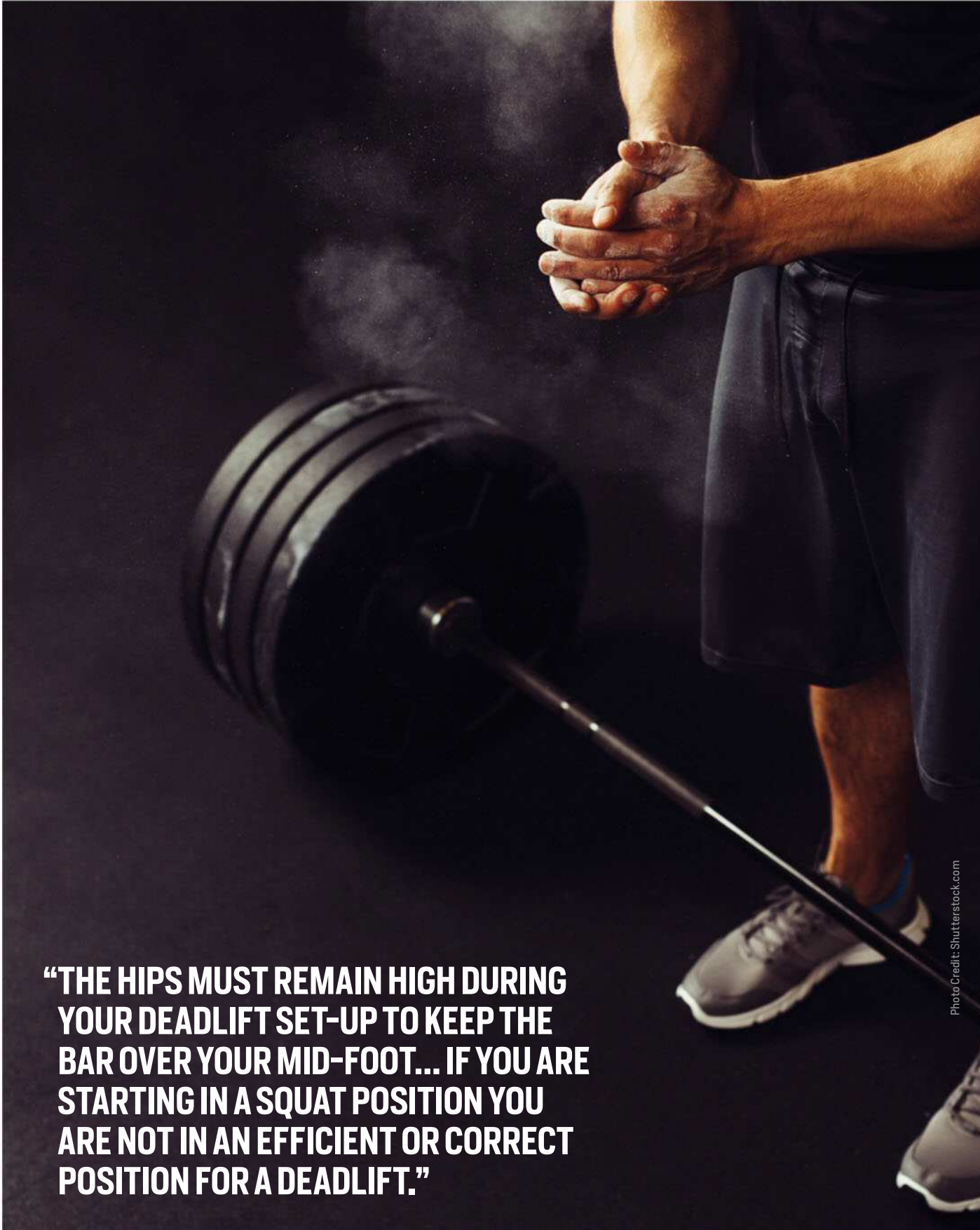


The red line: indicates the moment arm between the bar and the hips

Some people may now be wondering: can you shorten this moment arm? The answer is yes. When examining your technique you want to find ways to minimise all relevant moment arms and, in addition, minimise range of motion whenever possible. Why? As the goal of the deadlift is to lift as much weight as possible, minimising the range of motion to travel will make the lift easier. Also, you are normally stronger in shorter ranges. For example, your quarter squat is going to be much stronger than an ass-to-grass squat. Shortening the moment arm makes it easier to extend the hips⁵. ▶

Set-up key checks

- ✓ Is the bar over your mid-foot?
- ✓ Are your shins vertical?
- ✓ Is the bar directly underneath your shoulder blades?
- ✓ Are the shoulders slightly in front of the bar?



“THE HIPS MUST REMAIN HIGH DURING YOUR DEADLIFT SET-UP TO KEEP THE BAR OVER YOUR MID-FOOT... IF YOU ARE STARTING IN A SQUAT POSITION YOU ARE NOT IN AN EFFICIENT OR CORRECT POSITION FOR A DEADLIFT.”

Photo Credit: Shutterstock.com

THE DEADLIFT SET-UP

With that biomechanical knowledge, let's now look at the set-up of the deadlift. The idea is to keep the bar in a straight vertical line when lifting. For that reason the starting position of the deadlift must optimise the body in a position to create a vertical line of pull. When reviewing your own or a friend's deadlift, use the points discussed below to perfect the lift.

Bar starting position

It is important to start with the bar over the middle of your foot. The mid-foot is your balance point and the direction gravity will act upon. Your hip height and shoulder position will all impact the bar being over the mid-foot and are discussed in more detail below.

Hip height

Hip height will dictate the inclination of the shins. If your hip height is too low the shins will travel forward, creating unwanted space between the middle of your foot and the bar. The further you lower your hips into more of a squat position the longer the moment arm becomes. If you watch someone deadlift with this set-up, most lifts, if closer to the heavier range of their 1RM (one rep maximum), will not come off the floor as the moment arm between the bar and mid foot is too large. Many coaches will say that your hips should not lift first in the deadlift. If they do it is highly likely the bar is not over your mid-foot during the set-up. When this occurs, the hips raise without the bar moving until the bar is moved over the mid-foot; at that point the bar then comes off the ground.

The take-home message is that the hips must remain high during your deadlift set-up to keep the bar over your mid-foot, decreasing the moment arm. If you are starting in a squat position you are not in an efficient or correct position for a deadlift⁵.

Arm/Shoulder Position

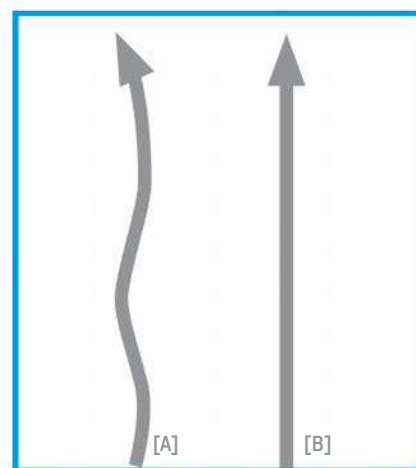
You want to minimise effort. Therefore, you want your shoulder blades to be positioned over the bar. In order to do so your arms must be on a backward slant. That slant in relation to your lat muscle attachment should be 90 degrees. This angle will aid a vertical bar path. If the bar

is too far out in front of you it is more effort for your shoulders. Think of a front raise, holding the weight straight in front of you when standing is the hardest and heaviest position.

A 90-degree angle between the lats and the humerus is one of the primary determinants of proper hip height in the deadlift. When hips are low, more like in a squat position, the angle will be lower than 90 degrees. When the hips are up too high, the angle will be greater than 90 degrees. When the hip height step-up causes correct arm inclination creating that magic 90 degree angle between the arm and lat, you are in the best position to lift. This position, as long as the lats stay engaged throughout, will help create a vertical bar path⁵.

Bar Path

As highlighted in the set-up points, you want the bar to travel in a straight, vertical direction. For example line (A) and (B) cover the same vertical distance, however, line (A) is longer. If this occurs during the deadlift it means you had to use more energy and the lift was not as efficient as it could have been.



The bar path is very important as it is the most efficient movement of the barbell with regards to gravity. Any starting position that does not place the bar over the mid-foot or create a backward slant of the arms will cause two things. One, the bar will not travel vertically, or two, alter the back angle. The end result of these will be wasted energy, not resulting in your strongest possible lift. ►



Set-up key checks

- ✓ Is the bar over your mid-foot?
- ✓ Are your shins vertical?
- ✓ Is the bar directly underneath your shoulder blades?
- ✓ Are the shoulders slightly in front of the bar?

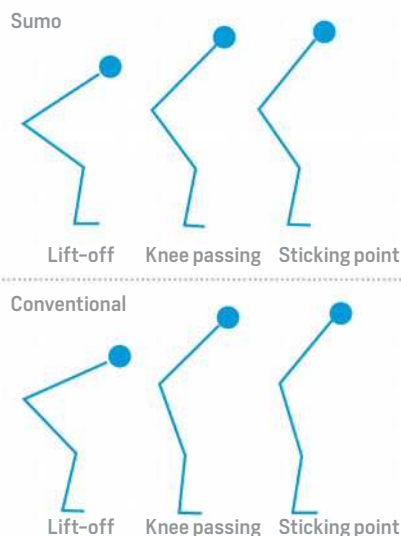
If you answered yes to all four questions, now it is time to take tension through your body. Pull the slack out of the bar by pulling the bar into the plates. After taking tension and pulling the slack out of the bar you're ready to lift. Taking tension up first will stop the jerk off the ground and maintain stability.

SUMO V CONVENTIONAL

An article published in 2000 by Escamilla et al, A Three Dimensional Biomechanical Analysis of Sumo and Conventional Style Deadlifts, looked at the differences between the sumo and conventional style deadlift of 24 powerlifters. They analysed 12 sumo and 12 conventional-style lifters during a national powerlifting championship. They focused on grip and foot width, foot angle, bar speed and distance, work, lift time and joint angles at various stages of the lift.

The article found some interesting results about exercise selection based on body size. Out of the 110 powerlifters observed during the study, 70 per cent used the conventional style, whereas 30 per cent used the sumo style. Broken down into weight classes however, in the heavier division (90-125 kg), 85 per cent used the conventional style and only 15 per cent used sumo. But in the lighter weight classes (52-82 kg), only 55 per cent used the conventional style, whereas 45 per cent used sumo. On this small population assessment it appears conventional is more common, however, lighter lifters are more evenly split between the styles.

JOINT POSITION AT THREE STAGES OF THE LIFT



The three stages of a deadlift are lift-off, knee passing and sticking point. At lift-off the sumo set-up, compared to conventional, is a more upright position with the thigh closer to horizontal and the shin bone more vertical. At knee passing, the

hips and knees had greater flexion angles in the sumo set-up whereas at knee passing for the conventional set-up you are closer to lockout in a more upright position.

The sticking point of the two is also different. Bar speed is lowest at the sticking point - the most difficult point of the lift and where many lifters fail. At the sticking point the sumo set-up has your upper body more upright, your thigh closer to the horizontal and your shins less vertical compared to the conventional. It can be said that the sticking point of the conventional happens closer to lockout of the knee and hip compared to the sumo (relative to upright position).

Foot positioning

In relation to foot angles during the deadlift, the sumo foot turnout is 40-45 degrees compared to 10-15 degrees for the conventional deadlift.

The sumo has a two to three times wider foot stance compared to the conventional, while the conventional group has a 17 per cent wider hand grip.

Mechanical work

An interesting point to note is that the total mechanical work of the conventional lift is significantly greater. This may occur due to greater range of motion performed in the conventional lift. Overall, 25-30 per cent less mechanical work was performed in the sumo compared with the conventional deadlift.

Muscle activity

The deadlift is a main exercise for the posterior chain muscles as well as your quads. This includes all muscles on the back of your legs and trunk.

Starting at the lower limb, an interesting finding is that the

gastrocnemius muscle was mainly activated during the conventional deadlift whereas the sumo deadlift had greater activity in the tibialis anterior (muscle on the front of your shin). Moving up the leg, the conventional deadlifts had greater hamstring activity compared to the sumo which had greater quadriceps activity. Both styles of deadlifts had very similar glute activity.

During the deadlift all of your back muscles will be used. This includes your spinal erectors, traps, rhomboids and lats. The lats are such an important muscle during the deadlift and underutilised in the beginner's deadlift. The lats attach to the humerus bone, upper part of the arm and are the muscle group during the deadlift responsible for keeping that important 90-degree angle (discussed earlier) as you go to pull the bar off the floor.

DEADLIFTING FOR REHAB

The deadlift is a closed-chain exercise that requires the hamstrings and quadriceps to work, therefore it may be a good ACL rehabilitation exercise or a beneficial exercise for most knee issues that require greater strength.

When it comes to back injuries Cholewicki et al have shown that compared with the conventional deadlift, the sumo deadlift generated a 10 per cent reduction in the L4/L5 moment and an 8 per cent decrease in the L4/L5 shear force⁵. This may suggest that your lower back is under less stress and therefore at lower risk of injury during the sumo deadlift. The downside, however, is that the conventional lift maybe more beneficial for strengthening the back and hamstring muscles.



IN SUMMARY

The deadlift can be performed in a sumo or conventional style. It is a very common exercise performed in many training settings. The set-up of the deadlift is very important as it makes sure you have a straight vertical bar path which is the most efficient direction for the barbell to go. There are various differences between the two types of lifts including the set-up of hands, hips and feet. There are also slight variations of muscle activity in the lower limbs; however, overall it is a posterior chain dominant exercise.

If performed incorrectly the deadlift can lead to severe back injuries so it is vital to understand how to perform the technique. Learn how to deadlift correctly and watch how strong you become.

Happy, heavy and safe lifting! **MMH**

If you have any training or any particular injury questions you can contact Stent Card on facebook, Stent Card via www.facebook.com/TheRehabman or at Kawana Sports Care on 07 54442133

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THE SEARCH FOR THE ULTIMATE MMH MAN IS ON!

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The 'Ultimate MMH Man' 2015 competition is your chance to feature on the cover of your favourite fitness magazine.

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WHAT WE ARE LOOKING FOR

With some of the biggest names in Australian fitness on board contributing to the prize pool, the ultimate prize is on offer – the title of “Ultimate *MMH* Man” and the coveted front cover of our November issue.

All we need is your entry!

WHAT IS ON OFFER

The winner will appear on the cover of the November 2015 issue of *MMH* and earn the right to call himself the ‘Ultimate *MMH* Man’ for 2015. As part of a great prize package, all finalists will enjoy a trip to *MMH* HQ located on the Gold Coast for a photo shoot with our chief photographer Dallas Olsen, valued at over \$5,000!

Remember – it’s not just the overall winner who is presented with fantastic opportunities.

How to enter

Step 1. Visit www.covermodelsearch.com.au; and complete the online entry form and submit your selected image. You will need to complete all fields and ensure that you provide a valid email address and phone number as you will be contacted if you are one of our finalists. Entry is free of charge!

Step 2. After completing your entry online, you will also need to share your submitted image via Facebook or Instagram, accompanied by the following hashtag: *#ultimatemmhman*

Step 3. You will need to ensure that you are available early September 2015 for a photo shoot at *MMH* HQ on the Gold Coast, Australia (domestic flights will be provided).

Image guidelines and hints

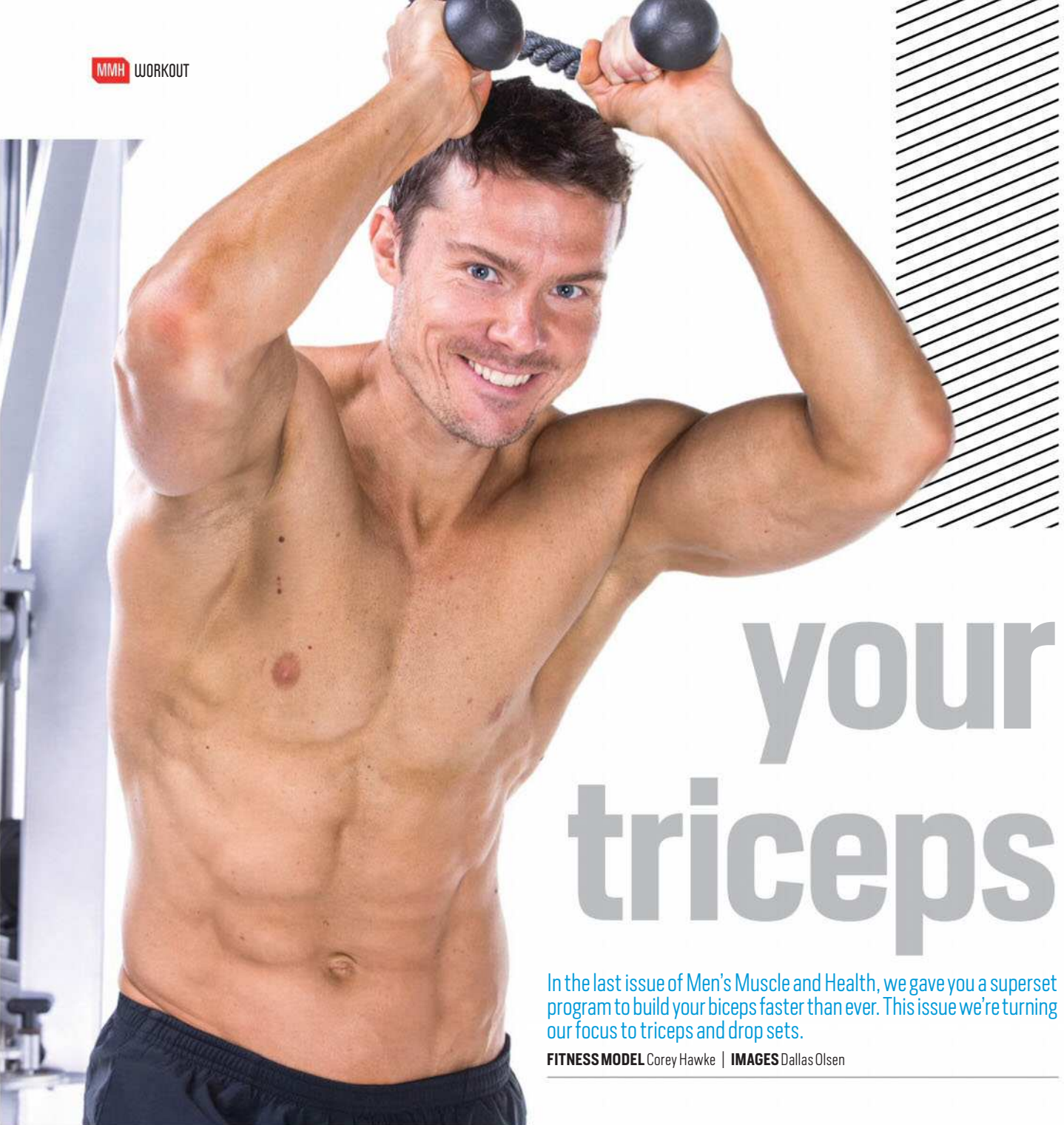
1. The image needs to be a single image and not a collage and be taken without a filter (refer point 3)
2. It needs to be clear, recent and must include:
 - a) Your face and your body (below knees not necessary),
 - b) Be in fitness gear not underwear.
3. The image must be completely untouched (original image) and entries containing any Photoshop or filters will not be considered

4. Most importantly, have fun with your entry! We want you to enjoy the experience, not stress about it.

This competition is open to all readers and we look forward to helping out if you have any questions or would like additional direction. **Feel free to contact us at admin@fitmedia.com.au.**

Entries close 1st September 2015.





your triceps

In the last issue of Men's Muscle and Health, we gave you a superset program to build your biceps faster than ever. This issue we're turning our focus to triceps and drop sets.

FITNESS MODEL Corey Hawke | IMAGES Dallas Olsen

ABOUT THE ATHLETE

When not in the gym, trail running or playing basketball with his team, the Swamp Donkeys, Corey Hawke is a lawyer in Melbourne. He has always enjoyed exercising and keeping fit and in 2014 started competing as a fitness model, winning the ANB Men's Overall Fitness Model competition in Canberra. He later won the Fitness Model Over 30 years category at the Australian Titles, and went on to compete as part of the Australian Team at the UFE World Championships in Toronto.

MAKING UP TWO-THIRDS OF YOUR UPPER ARM, WORKING ON YOUR TRICEPS CAN MAKE A HUGE DIFFERENCE TO THE SIZE OF YOUR GUNS!

But targeting all three heads (long, lateral and medial) can be tricky, which is why we have put together this specialised drop set plan to accelerate your muscle growth from horseshoe to humerus.

The plan will push your triceps past their normal work threshold, exhausting them and at the same time giving you a vein-popping pump. However, this pump will do more than boost your confidence – its real job is to deliver blood and nourishment to your muscles, encouraging them to heal and grow faster.

HOW IT WORKS

For each exercise you will begin with two relatively heavy working sets. Choose a weight that will allow you to achieve 10-12 reps, using good form and slow, controlled contractions. On your third set, start with the same weight as your first two sets and go for as many reps as possible (to failure). From there, decrease the weight slightly and again perform as many reps as possible until failure. But wait – we're not finished yet! Drop the weight one more time, and use all your grit to push out as many reps as you possibly can until your triceps are physically begging for mercy. Then, dear friends, you are done.

the workout

EXERCISE	SETS*	REPS
Standing Barbell Overhead Extension	5	8-10
High-pulley Overhead Rope Extension	5	5-12*
Single Arm Cable Extension	5	5-12*

***Drop Set:** as you perform your drop sets, your rep capacity will decrease, so don't be surprised to get fewer reps with each of your drops.



Scan here
for your behind-the-scenes
video of this triceps drop-
set plan with fitness model
Corey Hawke!

drop set plan

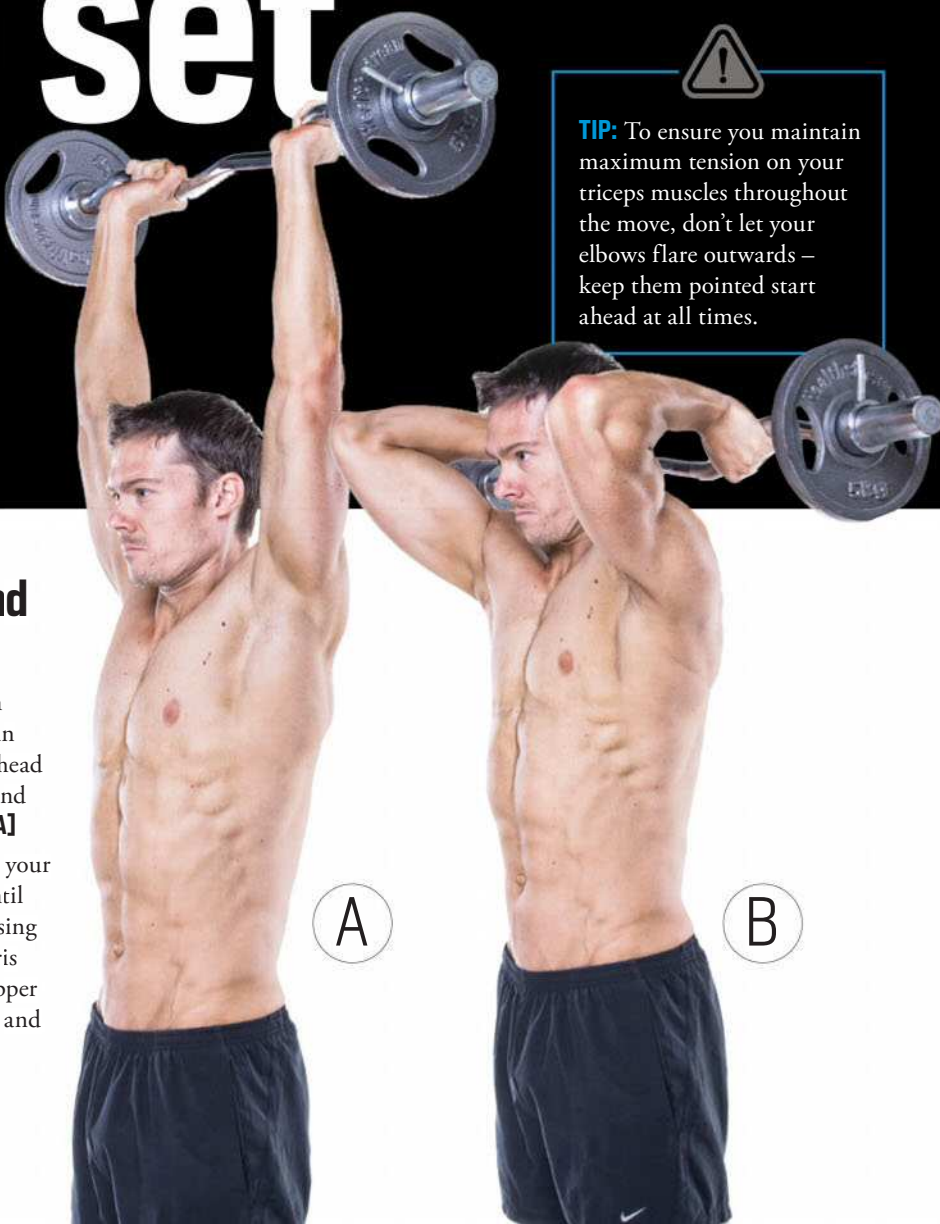


TIP: To ensure you maintain maximum tension on your triceps muscles throughout the move, don't let your elbows flare outwards – keep them pointed straight ahead at all times.

standing barbell overhead extension

SET-UP: Standing with your feet hip-width apart and a slight bend in the knees, take an overhand grip on the bar. Lift the bar overhead and extend so that your arms are straight and shoulders, elbows and wrists are stacked. **[A]**

ACTION: Keeping your arms close in beside your ears, lower the bar in an arc behind you until your forearms touch your biceps before raising back to starting position, squeezing your tris hard at the top. Remember to keep your upper arms stationary throughout the movement and your core tight to protect your back. **[B]**



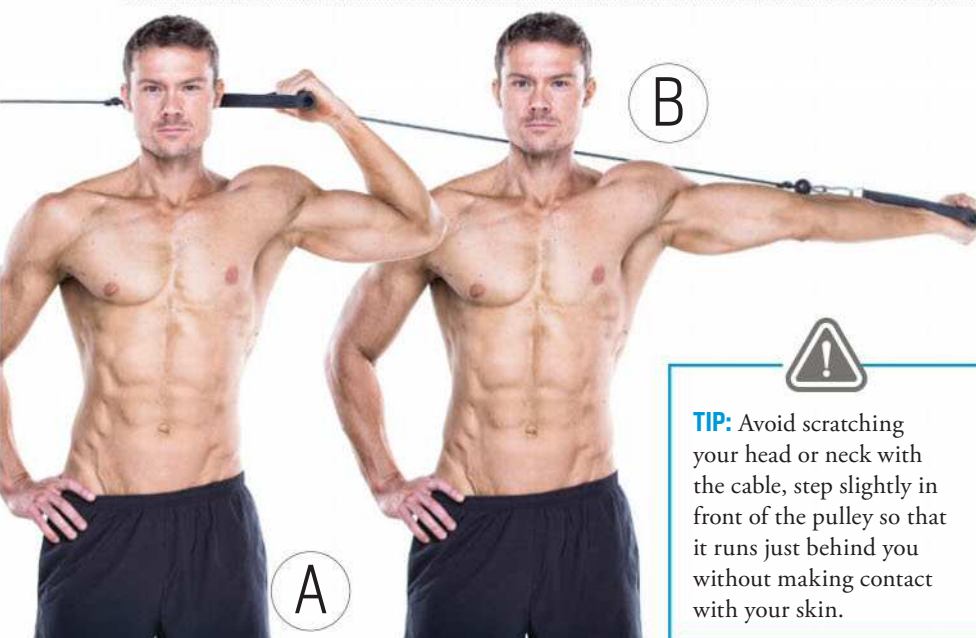
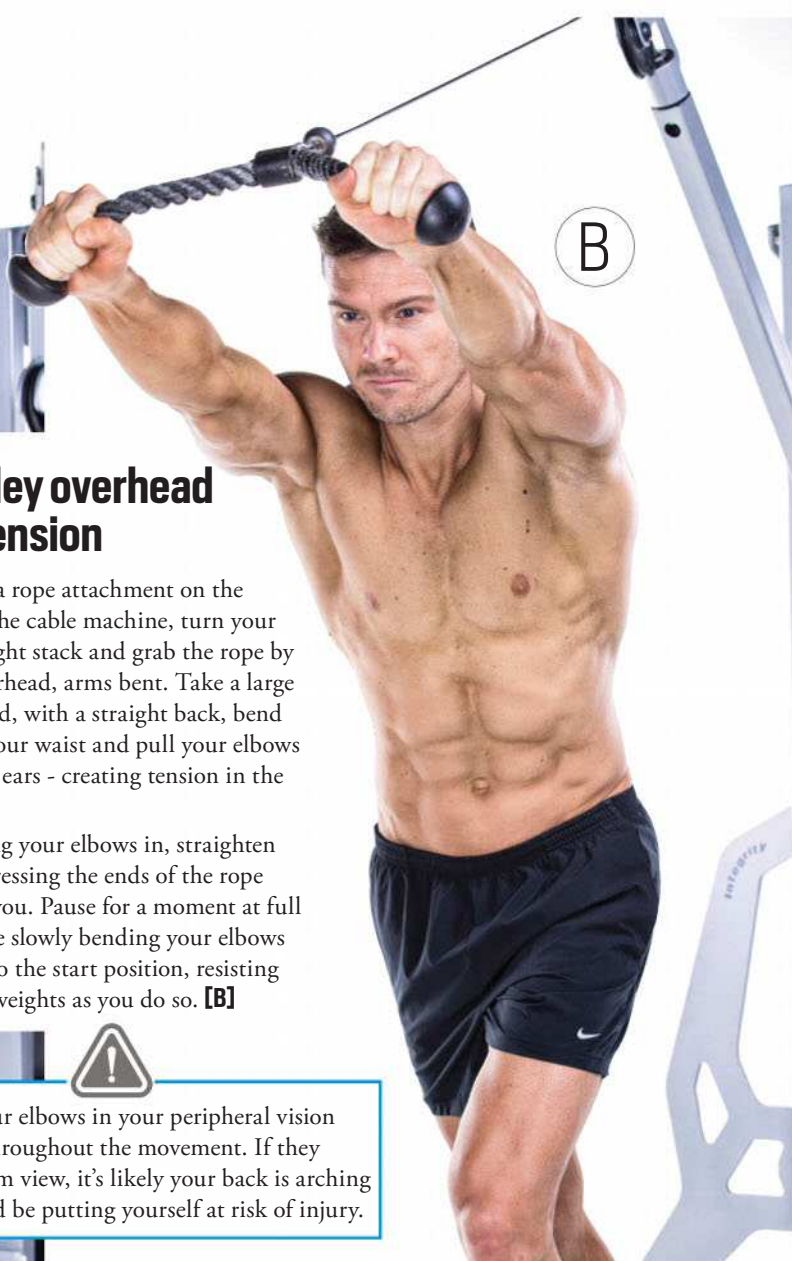


high-pulley overhead rope extension

SET-UP: Using a rope attachment on the high pulley of the cable machine, turn your back to the weight stack and grab the rope by both hands overhead, arms bent. Take a large step forward and, with a straight back, bend forward from your waist and pull your elbows in close to your ears - creating tension in the cable. **[A]**

ACTION: Keeping your elbows in, straighten your arms by pressing the ends of the rope out in front of you. Pause for a moment at full extension before slowly bending your elbows and returning to the start position, resisting the pull of the weights as you do so. **[B]**

TIP: Keep your elbows in your peripheral vision at all times throughout the movement. If they disappear from view, it's likely your back is arching and you could be putting yourself at risk of injury.



single arm cable extension

SET-UP: Using a D-handle on the high pulley of the cable machine, stand sideways with one side of your body facing the weight stack and the other facing away. With your outside hand, grasp the D-handle with the cable running behind you. Your upper arm should be parallel to the ground at shoulder level, your elbow bent and pointing away from you and your hand just behind your head. **[A]**

ACTION: Keeping your shoulder square, straighten your arm by extending the elbow and pulling the cable away from you. Continue until your entire arm is parallel to the ground, and pause here at full extension before slowly returning the start position. **[B]**

TIP: Avoid scratching your head or neck with the cable, step slightly in front of the pulley so that it runs just behind you without making contact with your skin.

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ALL ABOARD THE SUSHI TRAIN

The seemingly innocent sushi roll could actually be damaging your fat-loss goals. Discover the truth behind this Japanese cuisine and stay health-conscious on your next visit to your local sushi train.

WORDS Audrey Laur

Over the past 30 years, sushi has become incredibly trendy, marking a turning point in culinary evolution. These traditional Japanese dishes are now available worldwide from restaurants to stores, outdoor markets and even supermarkets. Back in 2011, 116 million pieces of sushi were consumed in Australia alone, with the United States more than doubling that at 250 million - representing US\$2 billion in annual revenue. Their popularity is mainly due to their convenience (easy to carry and consume) and healthy components, which makes them a seemingly perfect ally in the health-conscious person's diet.

There are two traditional types of sushi: nigiri and maki. Nigiri is made of rice with wasabi and a slice of fish, seafood or egg as a topping, while maki is a seaweed-wrapped rice roll with various fillings (fish, vegetables, chicken, etc). It should be mentioned that sushi are different from sashimi, which are slices of raw fish served with soy sauce. In these three cases, the ingredients used

provide the necessary nutrients for a healthy meal. However, sushi's growth in popularity has also led to the creation of new combinations, a fusion of West and East, as rich in fat and calories as any other fast food dish. Therefore, it is important to be reminded of the ideal sushi for a healthy diet.

Nigiri is commonly made with fish such as salmon, tuna or mackerel and is a low-calorie dish and an excellent source of protein, vitamin E and omega-3 (an essential fatty acid) that decreases blood pressure and cholesterol for a better cardiovascular system. Mixed with rice (white or brown) and vegetables (cucumber, mushrooms, avocado, soybeans), they provide a good balance of carbohydrates and therefore the necessary energy after a workout session. Maki provides the same benefits as nigiri but with an added asset. The seaweed wrap, nori, contains essential minerals for the hormonal system, bone and muscle tissues regeneration (magnesium, calcium, iron, folic acid, zinc, selenium, vitamins A, B, C and K). It is recommended to

"IT IS NOW COMMON TO FIND SUSHI LOADED WITH MAYONNAISE, CREAM CHEESE OR FRIED SEAFOOD, TURNING A TRADITIONAL LOW-CALORIE MEAL INTO A HIGH-CALORIE FAST FOOD DISH."



**AVOID**

The Spicy Tuna Roll
290 calories, 11g of fat

The Philadelphia Roll
(salmon, cream cheese and cucumber)
290 calories, 12g of fat

The California Roll (crab meat, cucumber,
avocado and cream cheese)
400 calories with 11g of fat

Prawn Tempura Roll
508 calories with 21g of fat

INDULGE

Traditional Tuna Roll
184 calories, 2g of fat

Salmon Sushi Roll
184 calories, 6g of fat

The Classical Avocado Roll
140 calories with 5.5g fat

Salmon Sashimi Plate (6 pieces)
156 calories with 7g fat

consume sushi with wasabi and ginger as they have antimicrobial properties, neutralise stomach acids and prevent cavities or asthma.

Sushi also has vegetarian options. The vegetable rolls are made of rice, tofu and fresh vegetables, which are good sources of vitamins and minerals with very few calories (around 70 calories per roll).

Innovative versions have also emerged such as the rainbow rolls in which the nori has been replaced by colourful slices of fish like tuna, salmon, yellowtail or snapper. Even if nigiri contain less rice than maki, they can both be easily consumed with sashimi, more vegetables and a miso soup as side dishes for a more complete meal.

On the other hand, because sushi has become such a huge market worldwide, the variety of rolls offered nowadays is as large as the nutritional values they contain. It is now common to find sushi loaded with mayonnaise, cream cheese or fried seafood (tempura), turning a traditional low-calorie meal into a high-calorie fast food dish.

If sushi lovers find it hard to avoid the high-calorie rolls, they should see them as an occasional treat to keep to a minimum in their diet. It is essential to indulge yourself from time to time with the food we love, to stay motivated.

Fitness is not about food deprivation, it is about eating the right nutrients and quantity through a variety of ingredients. It is also about staying positive and exercising. It is finally about living healthy, well and longer through life-long good diet and exercises.

"IT IS RECOMMENDED TO CONSUME SUSHI WITH WASABI AND GINGER AS THEY HAVE ANTIMICROBIAL PROPERTIES, NEUTRALISE STOMACH ACIDS AND PREVENT CAVITIES OR ASTHMA."

Banning some foods will not make you reach your goals. It will turn the opposite as you will think of and crave them more often until you

give up on your hard-earned efforts. Eating sushi remains a healthy choice, but it is all about timing and choosing quality to keep on track with your fitness achievements.

MMH

Audrey Laur is a freelance writer for various online and paper-based publications in France, the UK and Australia. She is specialised in medical and legal fields, comes from a family of doctors and has 16 years professional experience in medicine. Audrey is in the process of writing a book about healthy habits that people should have while training at the gym which will be released both in French and English worldwide.

Glutamine, along with the branched chain amino acids (BCAAs) make up a large component of muscle protein mass.

GLUTAMINE AND SPORT

We uncover the benefits of glutamine and its effects on your sport performance

WORDS Belinda Reynolds

Glutamine is the most abundant amino acid in the body and is of paramount importance for overall health. Training at high intensities has been found to deplete available glutamine levels in the body, and low concentrations have been noted in athletes experiencing significant discomfort from overtraining.^{1,2}

Sportspeople often think of glutamine as a supplement for muscle protein synthesis, repair and growth - and for good reason. Glutamine, along with the branched chain

amino acids (BCAAs) make up a large component of muscle protein mass. Its benefits, however, go far beyond this. Not only does glutamine assist the formation of other amino acids (e.g. L-arginine), it plays fundamental roles in energy production, the clearance of "fatigue factors" from the blood during training (e.g. ammonia, phosphorous) and regulating acid-base balance, to enhance performance^{1,3}. It also supports immune function⁴, reduces exercise-induced inflammation, and maintains intestinal health in athletes^{1,5}. In a 2008 trial, when glutamine (3.5g) was given together with

maltodextrin (50g) half an hour before exercise, and results compared with maltodextrin alone, the blend was proven to be superior. Subjects on the mixture showed a greater increase in the distance covered during an exercise test. The blend also led to an increase in the length of time for which the intermittent exercise was tolerated, and athletes experienced reduced feelings of fatigue, all when compared to maltodextrin alone⁶. These results are believed to be due to glutamine's role in the krebs cycle (a key energy-producing process in the body), and a resultant ability of glutamine to enhance the efficiency of metabolic processes. Glutamine also appears to increase a process known as gluconeogenesis in the liver that maintains glucose and glycogen availability to working muscles.

More recent trials have further supported glutamine's role in enhancing performance, with a carbohydrate plus glutamine combination proving superior in prevention of decreases in anaerobic power, thus improving athletic physical performance⁽²⁾. Interestingly in this paper, the glutamine and carbohydrate combination was superior in efficacy to both carbohydrate alone and glutamine alone, supporting the importance of incorporating multiple essential components of performance and recovery into a training program².

In addition to enhancing performance, glutamine can also reduce undesirable effects that high-intensity training can exert on the body, which compromise recovery and overall health if not addressed. It has been found that increases in the permeability of the intestinal lining develop from heavy exercise. The result is gastrointestinal discomfort, an increased passage

of unwanted molecules into the body, and thus a worsened internal inflammatory state, slower recovery, compromised future performance and poorer resistance to infection. As glutamine is used as a key energy source for fuelling repair of the intestinal tract, it's no surprise that glutamine supplementation is shown to prevent this exercise-induced increase in gut permeability and the resultant release of inflammatory mediators in the body⁵. This has significant implications not only for supporting your ongoing training, but health in general.

High-intensity training also sees the accumulation of certain compounds in the muscles and blood (e.g. phosphorous, lactate and ammonia). These contribute to pain, diminished ability to perform at your peak, and premature exhaustion (e.g. ammonia interferes with cellular ATP synthesis), therefore approaches which minimise their build-up are useful.

A small trial found that at 6g per day for seven days, glutamine was able to reduce blood phosphorous (which can decrease power) during the recovery stage after maximal intensity exercise. Creatine kinase (a marker of tissue damage)

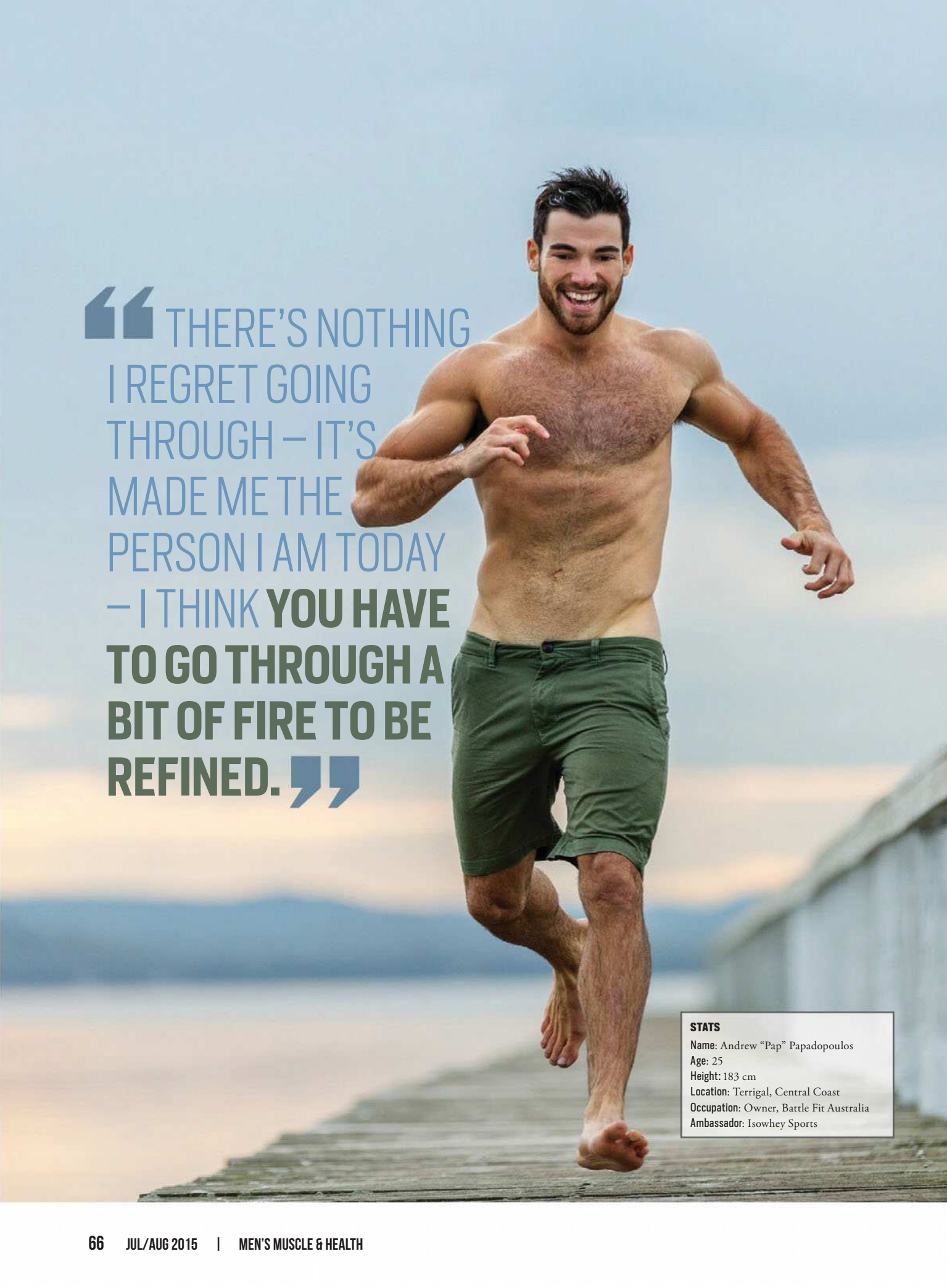
was also reduced, plus the glutamine supplementation attenuated increases in inflammatory markers¹. An additional preliminary trial found that glutamine supplementation (at 100mg per kg of body weight) helped to protect against undesirable exercise-induced increases in ammonia³.

In conclusion, although more research is warranted, glutamine appears to be a useful addition to the training protocol of sports people, not just in the recovery stages, but also taken prior to training and for preventative reasons. **MMH**

“
**IN ADDITION TO
ENHANCING PERFORMANCE,
GLUTAMINE CAN ALSO REDUCE
UNDESIRABLE EFFECTS THAT
HIGH-INTENSITY TRAINING
CAN EXERT ON THE BODY**
”

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A full-page photograph of a man running on a wooden pier. The man is shirtless, has a beard, and is wearing green shorts. He is smiling and looking towards the camera. The background shows a body of water and a distant shoreline under a soft, hazy sky.

“THERE’S NOTHING
I REGRET GOING
THROUGH – IT’S
MADE ME THE
PERSON I AM TODAY
– I THINK **YOU HAVE
TO GO THROUGH A
BIT OF FIRE TO BE
REFINED.**”

STATS

Name: Andrew “Pap” Papadopoulos
Age: 25
Height: 183 cm
Location: Terrigal, Central Coast
Occupation: Owner, Battle Fit Australia
Ambassador: Isowhey Sports

FIGHT YOUR LIMITS

After participating in season two of ESPN's Search4Hurt, Andrew Pap fell in love with ultra-endurance. Now he puts his passion to the test with a 250km run across the Simpson Desert.

INTERVIEW Erin Leckie | **IMAGES** Brook Rushton

IN JUNE THIS YEAR, ANDREW "PAP" PAPADOPOULOS WILL TACKLE AUSTRALIA'S FIRST AND ONLY 250KM, MULTI-DAY RACE: THE BIG RED RUN.

Starting and ending at the iconic Birdsville Pub, the Big Red Run will take Andrew through the searing heat of the Simpson Desert, completing a massive six marathons in just six days. He's not doing it for the glory, and he certainly isn't doing it for fun... he's doing it for charity.

Luckily for Andrew, he has experience in these insane kinds of endurance events, after winning his way onto the

2014 television show Search4Hurt. Andrew and his co-star Leah Richardson performed a multitude of punishing endurance events and extreme training sessions including a 24-hour mountain bike race, a 48-hour adventure race, a 12km stand-up paddleboard race and a 100km North Face run through the Blue Mountains. It might sound crazy to us mere mortals, but for personal trainer and seriously fit human Andrew Pap, this is just another day.

We caught up with the man himself to ask the one question that is surely on everybody's mind... how does he do it?

Hey Andrew, thanks for chatting with us! Can you start by telling us why you're doing this 250km Big Red Run in June?

During my time on Search4Hurt I discovered these events and just found I got so much from them! I also think it's always good to give back to the community and do something for someone else. The Big Red Run is for a great cause, to help juveniles who are suffering with type-1 diabetes. I'm going to do six days of hard work but it's going to help someone in need, so everyone wins. The landscape is to die for and I know the people I'm going to meet will just be incredible so while I'm definitely getting something out of it the experience is so much richer knowing someone else is benefiting too.

It's certainly going to be a tough six days, how do you prepare for something like that?

The running is really important, obviously, as is how you prepare yourself. When I first started the program I might have done a 10k run in the morning, then a 10k run at night and then a 10k run the next morning. You're learning to back it up again, and then back it up again, which is what you're doing with these multi-day runs except on a bigger volume. I'm working myself towards that. This week alone I've done 72km and then I've got 16km to do tomorrow. It will get to a point about a month prior to the event where my largest volume maybe 100-120km a week, but then you have to taper off because you don't want to be sore starting out, you want to be nice and fresh and recovered.

Wow, that's a lot of training! Do you ever have a day off!?

Yeah I absolutely take rest days – you've got to train smart. I've trained dumb (train, train, train, train!) but then you just fall apart and you're out. A lot of my friends have gotten chronic fatigue and their adrenal glands have just worked too hard and so you've got to train smart.

Training smart also includes looking after your nutrition. How do you fuel your body for such high volume training?

I believe you should source everything from whole foods first, and once

you've got that sorted you can look at supplements. I think pretty much almost everyone is deficient somewhere, whether it's minerals, vitamins or calories. I'm sponsored by Isowhey Sports and they've got some really good stuff. Prior to that I was with somebody else and it was just kind of really generalised, tasted like milkshakes and they added everything. Now I've got my protein and I've got my pre-workout, but only for when I'm feeling flat, I definitely don't take it day in day out. I also supplement with glutamine, fish

oil, vitamin C, ubiquinol and magnesium. I just lose so much during training, I sweat so much and I use so much energy that even with good nutrition and enough calories there is always something I need to replace.

You also run your own group training program called Battle Fit Australia, tell us about the success you've had there and how that started.

What happened was I was training down at the local park, I had my sand

“ THIS WEEK ALONE I'VE DONE 72KM AND THEN I'VE GOT 16KM TO DO TOMORROW. IT WILL GET TO A POINT ABOUT A MONTH PRIOR TO THE EVENT WILL BE MY LARGEST VOLUME MAY BE 100-120KM A WEEK. ”

YOUR DONATION MAKES A DIFFERENCE

The Big Red Run starts June 28 and finishes July 3. Support Andrew and the Juvenile Diabetes Research Foundation and donate today at bigredrun.everydayhero.com/au/Andrew



WATCH ANDREW COMPLETE THE BIG RED RUN

on ESPN on the 21st of
September at 8:30pm.



bags, jerry cans, logs and all that stuff and I just created my own circuits and routine. There were bystanders asking questions, and some of my fitness friends joined in until eventually I had three nights a week going with 30 guys attending. But while there was no money being exchanged, the council kicked us off, so that's when I decided I was going to get my certificates and start my own business and do it as a career. That's when I created Battle Fit Australia, a 10-week performance-based boot camp – our mantra is “fight your limits!”

You spent a year in the military before leaving to become a personal trainer. What was the most important lesson you learnt through that experience?

Definitely putting other people before yourself. You've got to look after each other. But the biggest thing would be to build that mental fortitude. There's this mental toughness that they instil in you by putting you through it all, making you work together and forcing you to succeed – and that's why I've fallen in love with ultra endurance. Once you start clocking

past the six-hour mark or the 12-hour mark, you have that constant self talk. If you can achieve it, if you come out of the other side and complete it, it gives you that sense of empowerment. Then you start asking what's next. That's why I really encourage people to step out of the comfort zone and try something new.

You've got a fantastic relationship with your Battle Fit clients, how do you create that community?

I think it's an important thing to be authentic. I really care about the people who come to Battle Fit and I want to see them succeed. They see the things that I do and they know that I'm legit. So when I tell them to push past their boundaries, they know I'm not messing around, they've seen me do worse. The last thing I would ever want is for someone to question “why are you yelling at me when you couldn't do this?” I want them to feel like I'm in the trenches with them. It develops respect and if you gain the respect of your clients, family, friends then you'll get the most out of them.

What exercises should everyone include in their workout regime?

I've got my staples; the big compound movements: back squat, bench press, deadlifts, pull-ups and clean and press. It doesn't matter what weight you're at or what your goals are, if you can go through those movements correctly, you can just strengthen your body as a whole. I think isolating muscle groups has its purpose, but if you've only got a minimum amount of time then I think across the board those compound movements are really important. ▶

“**I BELIEVE YOU SHOULD SOURCE EVERYTHING FROM WHOLE FOODS FIRST, AND ONCE YOU’VE GOT THAT SORTED YOU CAN LOOK AT SUPPLEMENTS.**”

We’ve heard you like to use the Ankorr system to train yourself and your clients. Can you tell us a little bit about it?

The creator, Nathan Helberg, was also the founder of Zuu, which are these primal, animalistic movements that are great for developing strength through range, mobility, fitness etc. Then he created the Ankorr system to go with it, now you’re under resistance. You can

anchor it to a tree, a pole, a wall, even a person, and you can move away from that point.

The further you move away from that point, because it’s like a bungy cord, you get more resistance and it wants to sling you back. So you have to use extra energy to get away from it, then you have to use energy to slow yourself down on the return. The great thing about it is you can stand up, you can go down, you can turn around, there are no restrictions like with most bands or other systems I’ve used in the past. So that’s something I’ve incorporated into my training and the huge thing I’ve learnt about it is just mental resilience, because there’s so many times you just want to drop! It doesn’t matter what you’re training for, you can utilise the Ankorr system.

What’s your advice to all the guys out there who want to make a change in their lives, whether it’s career-wise or health and fitness-related?

It doesn’t matter where you come from, your finances, the risk you’re taking, or who says what – if you’ve got a dream, a passion and a desire then you’ve got nothing to lose. At the end of the day, you lose more for sticking to the nine-to-five job than if you tried something out and it doesn’t work. At least you’ve given it a shot. There’s nothing I regret going through – it’s made me the person I am today – I think you have to go through a bit of fire to be refined.

What’s next for Andrew Pap?

I’ve got another 24-hour obstacle race, the Big Red Run, Oxfam trail walk where we’re going to run the 100km, and I’m going to be hosting series four of Search4Hurt. I’ll be taking a bunch of other suckers through it! We’ve already lined up what’s going to happen and it’s all getting sorted now so that’s pretty exciting. **MMH**

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- Ankorr is the world’s first must have “Animate Load Harness”.
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FUNCTIONAL FOCUS

WITH ANDREW PAP

Known for his focus on functional training, Andrew Pap lights your legs on fire with this intense cross fitness circuit.

ATHLETE Andrew Pap

IMAGES Dallas Olsen

EQUIPMENT Again Faster & SMAI

It's a common understanding that cross fitness is imperative in all disciplines of sports. Working on primary/secondary muscles and movements that are in your field will create an athlete less prone to injury, more versatile and balanced. Even for runners, it's essential to focus on strength, especially lower body. The following circuit will be advantageous for anyone wanting to build a good base level of strength, increase explosive power, lactic resistance and stability throughout ROM (range of movement).

BATTLE ROPES

SET-UP: Prepare the battle ropes before you begin the circuit by wrapping them around a pole or solid fixture and pulling them out straight, placing them in two parallel lines on the ground. When it's time to use them, stand at one end and take one rope in each hand. Feet should be slightly wider than shoulder-width

and knees slightly bent. Hinge forward at the hips to automatically isolate upper body and engage your core.

ACTION: Using your arms, lift the ropes in an alternating fashion, slamming them down on the ground to create a wave. Continue this motion without a break until the allocated time is up.

PAP SAYS: This is a great exercise to further condition your core, shoulders and arms but if you want to also work your legs, drop one foot back into a reverse lunge. Swap legs for each 20-second round.

THE WORKOUT

Perform a total of five rounds with 90-120 seconds rest between completed rounds. No rest between exercises.

EXERCISE	REPS/TIME/DISTANCE
Battle Ropes	3 x 20-second rounds with 10 seconds rest
Box Jump	8 Reps
Barbell Back Squat	8-12 Reps
Prowler Push	40 metres
Explosive Lateral Step Ups	8 Reps





PAP SAYS: Land with both feet having full contact on top of box. Step back down or, if confident jump down, landing softly back to the squat position.



BOX JUMP

SET-UP: Stand in front of the plyo box with your feet shoulder-width apart. You should be at a comfortable distance where your knees won't connect with the box as you squat.

ACTION: Jump from a 90-degree squat position, extending your hips and swinging your arms to generate momentum. Push your feet off the floor and launch yourself up onto the box.

BARBELL BACK SQUAT

SET-UP: Stand with the bar across your upper back and your feet just beyond shoulder width, toes pointed out slightly. Keep your chest and back flat, eyes focused forward.



ACTION: With your abs tight, bend your knees and hips as if sitting in a chair until your thighs are parallel with the floor. Reverse the motion by driving through your heels and pressing your hips forward to return to the start position.



PAP SAYS: The weight you choose should enable you to go full range, control the eccentric (downward phase) and pause at the bottom and be explosive on concentric (upward movement). Follow the 2:1:1 ratio i.e two seconds down, one second pause and one second up.

EXPLOSIVE LATERAL STEP-UPS

SET-UP: Stand to the side of a bench or box, arms down by your side, looking straight ahead.

ACTION: When you're ready to start, stomp your left foot onto the bench and immediately activate the left quad to explosively drive your body up, jumping slightly into the air as you do so. Land with your opposite foot on the bench and place your left leg down on the other side. Reverse to repeat.





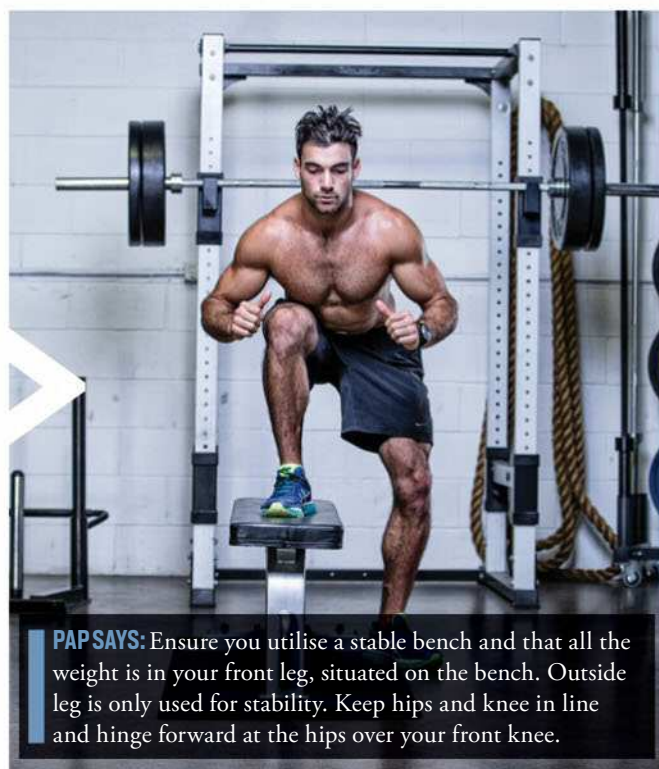
Scan here
for your behind-the-scenes video
of this functional fitness plan with
Andrew Pap!

PROWLER PUSH

SET-UP: Grab the handles as low as possible to create a neutral spine. Anyone with hip or shoulder issues may need to bring their hands higher up to avoid further injury/aggravation. Prepare to push powerfully from the legs.

ACTION: Drive force into the ground at a 45° angle and sprint the distance at full speed.

PAP SAYS: The weight you choose should enable you to complete the distance in under 30 seconds. Focus on activating your glutes with each step.



PAP SAYS: Ensure you utilise a stable bench and that all the weight is in your front leg, situated on the bench. Outside leg is only used for stability. Keep hips and knee in line and hinge forward at the hips over your front knee.

WHICH DIET IS BEST FOR YOU?

We break down three of the fitness industry's most popular diets to discover which one will reign nutritionally supreme.

WORDS Cam Wild

When it comes to learning something new, the first thing we usually do is jump onto Google for a quick DIY crash course or ask a trusted friend. Whether it's learning how to boil water or mastering the star jump, our circle of friends and the internet are full of answers to even the strangest of questions - and these quick, simple solutions can be ideal for our minor queries. However, when it comes to health and nutrition, specifically fat loss and muscle building, we can get overwhelmed by how deep the rabbit hole really is. We often give up before

we've even started or worse... attempt a new diet or nutrition plan ill-prepared. That's why I'm here: to cut through the confusion and give you a better understanding of what you are really getting yourselves into!

In this issue of *MMH*, I've broken down three of the more popular "diets" going around. First up on the list is the ever popular Paleo diet, followed by IIFYM (If It Fits Your Macros) approach - a favourite in the fitness and bodybuilding community - and the lesser known Zone Diet. They all adopt slightly different approaches to what we should and should not consume, but does one diet reign nutritionally supreme?

PALEO

The Paleo diet is essentially based on the concept of only eating foods our ancestors ate up to two million years ago. This includes whole foods such as meat, vegetables, nuts, seeds, small portions of fruit, and some starchy vegetables. This diet automatically has us eliminating a whole range of preservatives, hidden sugars, sodium, additives, colouring and artificial flavourings. As a result, we also eliminate inessential toxins and consume more nutrient-dense foods. For example, a sweet potato and a bowl of rice both contain carbohydrates but, unlike the rice, the sweet potato also contains a much higher ratio of essential micronutrients - making it more nutrient-dense. Depending on the individual's preference, small intermittent portions of whole grains may be consumed, however full Paleo converts avoid them completely due to their low nutrient density and high phytic acid content, which has been said to prevent certain minerals from being absorbed in the gut.



The Paleo diet is rich in nutrients and plentiful in fibre, which together with adequate water intake and a complete removal of the toxic family of gluten (found in wheat, rye and barley) facilitates optimal digestive functioning and nutrient absorption in the gut, and greatly minimises disease risk. Additionally, due to the nature of this high-fat, high-protein diet, the body is primed to burn more fats and has a higher capacity for muscle anabolism - helping you to get leaner and build muscle simultaneously!

Most people experience consistent fat loss and muscle growth while eating a Paleo diet and keeping an active lifestyle. From improved metabolic processes, gut health, better sleep, stress management, sufficient Vitamin D and a healthy ratio of Omega-3/6 fatty acids, the Paleo diet aids in optimising body composition, morning-to-night energy levels and overall health.



“The IIFYM plan ensures you consume adequate amounts of **protein** and **fats**, and monitor your **carbohydrate** intake...”

IIFYM

Next up is the IIFYM (If It Fits Your Macros) approach to dieting, which is the technique of counting your three macronutrients: proteins, fats and carbohydrates. This can allow you to realise a body composition goal based on a more in-depth approach to caloric restriction. This plan ensures you consume adequate amounts of protein and fats, and monitor your carbohydrate intake to amounts that don't support fat retention. Here is a breakdown of the three macros:

One gram of each macro has a calorie value.

- 1 gram of protein = 4 calories
- 1 gram of carbohydrate = 4 calories
- 1 gram of fat = 9 calories

Rather than typical calorie counting (for example eating 2,000 calories a day), flexible IIFYM dieters would track macronutrients (for example, eating 150g of protein, 80g of fat, 170g of carbohydrate = 2,000 calories), which more effectively influences body composition rather than just fat loss or fat gain.

The IIFYM approach could be considered the “flexible diet”, with the

basis of a calorie deficit being important for fat loss. This approach permits all foods and food items available for consumption including pizza, donuts and even beer – as long as the total macros fit within your daily allowance. While this method of dieting would obviously appeal to a wide audience there is cause for concern as these foods are not as nutrient-dense as whole foods. Therefore it will be much more difficult to supply the body with adequate amount of micronutrients essential for optimal health. ▶

The food that we ingest not only has a physical response but also a physiological and hormonal response too, and consuming these poor-quality foods can and does wreak havoc on our body. From a compromised immune system to constant sugar cravings it can be very hard to stay consistent and remain eating sustainably in such a way. It is important to note, however, that the base of IIFYM is NOT to just eat poor-quality foods, but the option is available if you see fit.



THE ZONE

Finally, the Zone Diet is based around the moderate consumption of the right ratio of carbs, fats, and protein fitting somewhere in between the Paleo and IIFYM approaches. The method suggests consuming 2/3 of a plate of multi-coloured vegetables, with the remaining third of the plate containing a low-fat protein source. The key factor in Zone Diet is the hormonal balance and anti-inflammatory effect you accomplish with each meal. However, these same effects are achieved on the Paleo diet – and to a higher extent. The Zone diet allows for a higher fruit and vegetable consumption and instills good habits such as portion

control and sugar reduction. Each meal or snack is calculated to be around the 40-30-30 ratio but, as with the IIFYM approach, it still requires a calculator to be brought to the table!

The Zone Diet encourages fresh vegetables, fruits and nuts, leafy green vegetables, adequate protein consumption, and eight glasses of water every day to promote the optimal functioning of the body. This diet also has many similarities to the Mediterranean diet, the primary difference being a reduction in grains for more fruits and vegetables to remove the higher GI carbohydrates in favour

of the lower-GI starchy and fibrous vegetables and fruits. Again, like the IIFYM approach there is still no removal of gluten from the diet which can cause serious gut health issues among many other detrimental effects to fat loss and muscle building.

Interestingly enough, the Zone diet actually promotes the consumption of alcohol – albeit in smaller quantities due to the alcohol being treated by the body “just like a carbohydrate” (according to Dr. Barry Sears, the creator and promoter of the diet, which I’m sure will make a lot of people happy to hear!)

Which diet is best for you?

So which diet is best for me? Well, ultimately that choice is yours and yours alone. Just like $3 + 3 = 6$ so does $5 + 1...$ there is more than one way to achieve the desired end result. However, in order for you to make a decision on how you are going to get there, it is critically important to first **start with the end in mind**. Here are a few essential questions you should be asking yourself when faced with the choices at hand.

What exactly are you looking to get out of the diet? Somethings to think about are health, body composition, energy levels, freedom and

flexibility. **Is this diet going to work with the lifestyle you want to lead?** Maybe you want to eat lots of food more frequently or maybe you just want a few simple meals. At the end of the day it’s important to understand the pros and cons of each diet and the lifestyles that are inherently associated with them. No one person processes food the same as another so don’t beat yourself up about what works for someone else as we are all built differently!

Choosing what is going to work best can be confusing with all the conflicting nutritional information out there so be

sure to seek out nutritional advice from an expert in the field (not your personal trainer). Pick someone with real world experience who has **CONSISTENT** results to show then ask questions and see if their approach will align with you!

Last but not least the final piece of advice is to ask yourself: **“Can I see myself eating like this in the long term?”** if the answer is no then chances are it’s not for you. There are plenty to pick from, just be sure it’s one you can stick to! Happy Eating! **MMH**

A HEART-HEALTHY LUNCH

Adding some tuna to your salad at lunch time isn't just a quick, lean and tasty way to add protein to your meal – it could also be good for your heart.

Tuna is high in omega-3 fats, a type of polyunsaturated fat that helps lower LDL (bad cholesterol) levels, blood triglyceride levels and blood pressure, which all reduces your risk of heart disease. Tuna is

also low-GI, meaning it will release energy more slowly than higher-GI foods and keep you feeling fuller for longer – just make sure to look for products that are responsibly sourced so we can all continue to enjoy the benefits of tuna for years to come. Try our tuna salad with mustard dressing for a heart-healthy lunch you can make today in less than 10 minutes!

TUNA SALAD WITH MUSTARD DRESSING

Serves 1

Ingredients

- 2 cups baby spinach
- 30g snow pea sprouts
- 5 black olives, halved
- ½ small cucumber, thinly sliced
- 100g of tuna in water (TRY: Safcol's Pole and Line Tuna Pieces, Lemon & Black Pepper in spring water)
- 1 slice wholemeal toast (optional)

Dressing

- 2 tbsp extra virgin olive oil
- 1 tbsp wholegrain mustard

Instructions

Add baby spinach and sprouts to a bowl or lunch box, then slice olives and cucumber and layer on top. Strain excess liquid from tuna before also adding to salad. In a separate bowl, mix olive oil and wholegrain mustard and pour over salad. If making the salad for later, store your dressing in a separate container to prevent the salad from going soggy. Serve with a side of wholemeal toast if desired.

Nutrients per serve (including toast):

Calories: 545, Fat: 35.1g, Carbs: 28.2g, Protein: 33.5g



GET FIGHTING FIT

Designed by a physiotherapist specifically to develop strength and power in professional MMA fighters, this workout will test you and your limits!

WORDS Dean Phelps | ATHLETE Joe Muir | IMAGES Dallas Olsen

As a professional fighter, the body is placed under a great deal of stress. Not just the stress from getting punched in the face, but the extremely rigorous training, which is usually multiple times a day, 6 days per week.

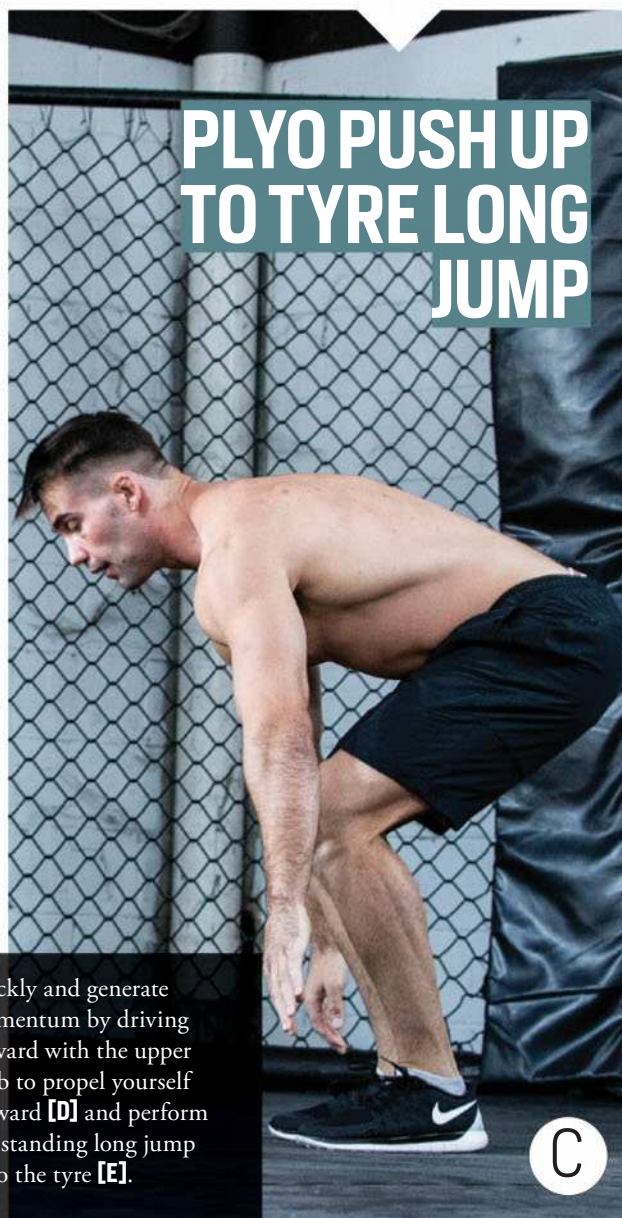
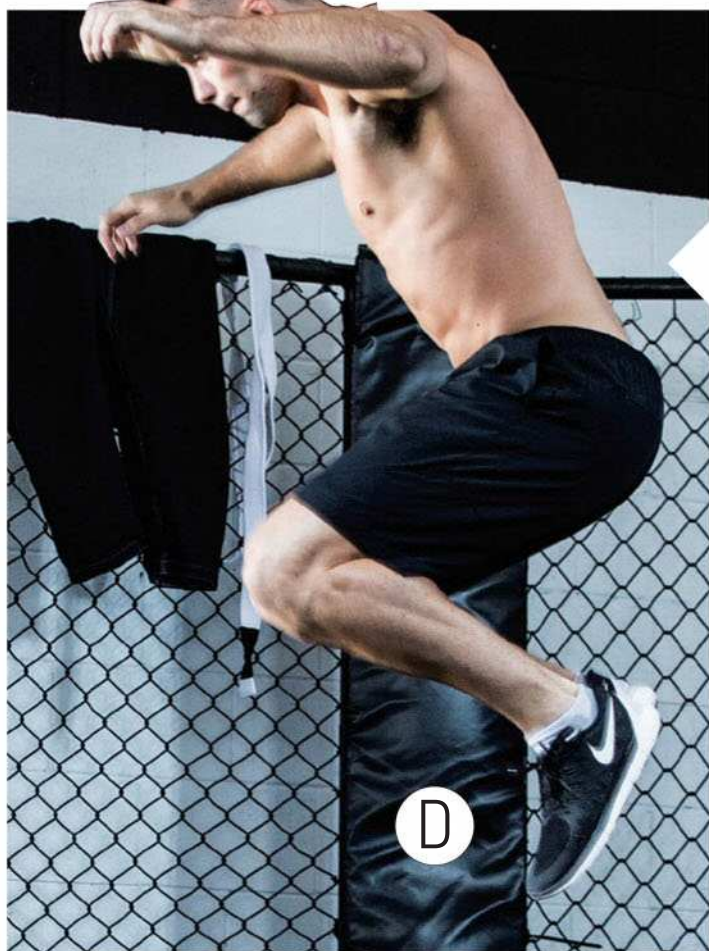
With MMA (mixed martial arts), one of the most difficult things is getting the training balance correct. They train boxing, Muay Thai, wrestling and Brazilian Jiu Jitsu to develop their fight-specific skill sets but they also need to squeeze in strength and conditioning training at the gym. Balancing all this without over-reaching or at worst overtraining is critical in a good fight preparation, or it can be the undoing of a fighter's camp if not done correctly.

A fighter's strength and conditioning is important: it builds strength, power and/

or endurance as well as reducing injury risk. Using specific exercises in the gym, a fighter can improve a certain area of weakness in their game, often giving them a small advantage over their opponent and reducing the risk of an injury.

An area that we focus on largely is power development. A powerful hip and shoulder, from a strong core, is extremely important. It delivers more power and devastation in a punch, allows a stronger kick as well as a tighter, more elusive wrestling and Jiu Jitsu game. This is just one of the workouts that professional fighter Joe Muir uses to develop his power, reaction and explosiveness. Any of these exercises can be also used by everyday gym-goers who wish to develop power, build an athletic physique like a MMA fighter or incorporate into a high intensity interval workout to test them.

E



PLYO PUSH UP TO TYRE LONG JUMP

PURPOSE: To develop an explosive deep press, getting Joe up quickly to his feet and reacting with speed and power.

SET-UP: begin with the tyre a body length from

standing. Drop into push up position **[A]**, wait for the cue from a partner to 'GO'.

ACTION: On 'GO', explode with a plyo push **[B]** up to your feet **[C]**. React

quickly and generate momentum by driving upward with the upper limb to propel yourself forward **[D]** and perform the standing long jump onto the tyre **[E]**.

BARBELL POWER BRIDGE

PURPOSE: to develop hip extensor torque for an explosive bridge, specific for Joe's mount escape from any Ground and Pound.

SET-UP: Lying flat on your back, place a weighted barbell across the anterior pelvic in line with the hip joint. Use an overhand grip on the bar for control and stability during movement. Position your feet shoulder width apart and comfortable distance from the buttock **[A]**.

ACTION: Focus on utilising the glutes and hamstrings while maintaining a strong, controlled trunk to drive the bar to the bridge position **[B]**.

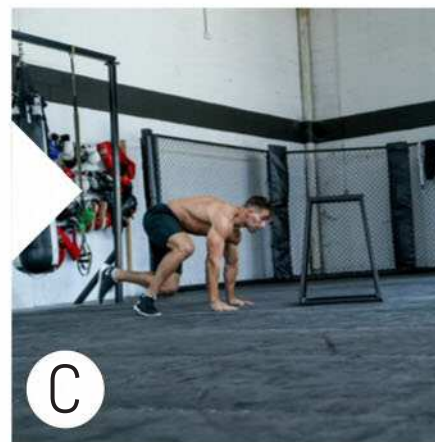
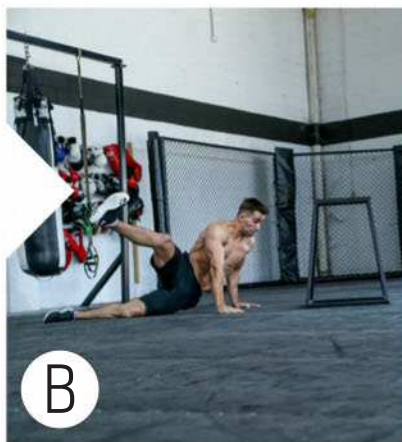




PURPOSE: To develop Joe's hip torque and power through hip/knee extension for wrestling on the cage.

SET-UP: Wrap a bungee cord to a stable anchor behind and attach it at the rear to a belt around the waist [A]. Position kettle bell for the swing.

ACTION: Gain some momentum with the bell going backwards [B] and explode the hips forward [C]. Extend forcefully through the hip & knee while maintaining a strong trunk position [D] and finish in a fully extended overhead position [E].

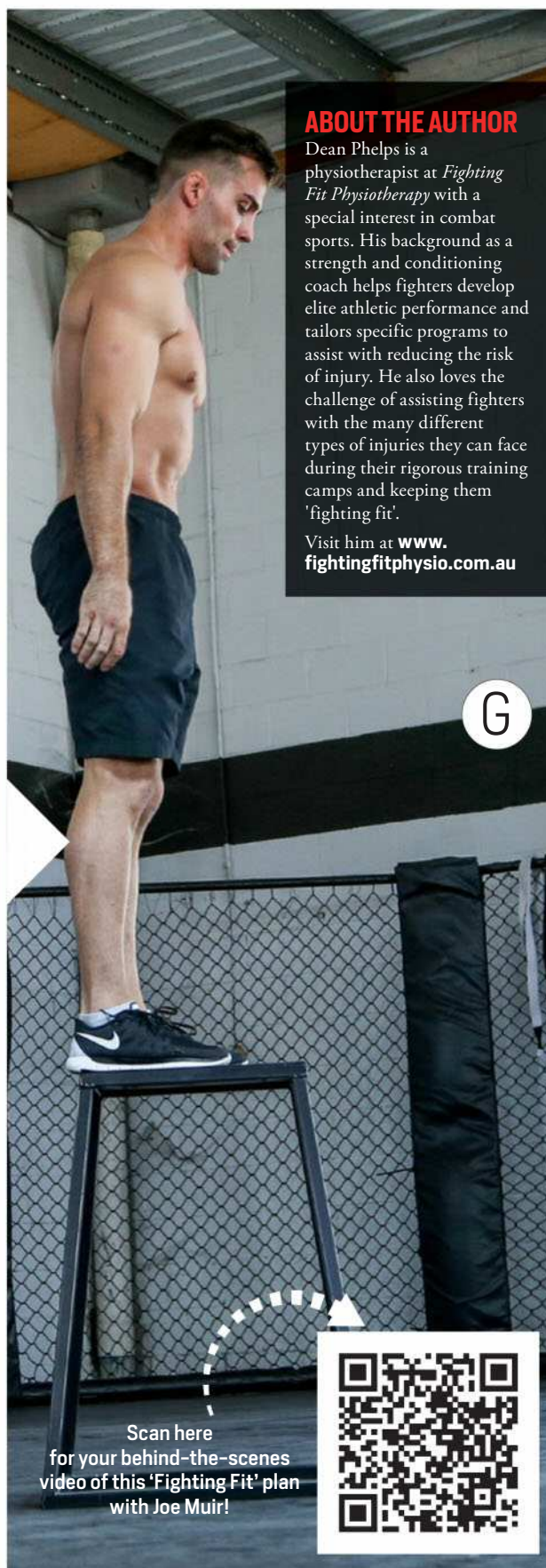


SPRAWL TO BOX JUMP

PURPOSE: To develop a quick reaction time into a sprawl then returning Joe to his feet with speed for an explosive counter attack.

SET-UP: Stand in front of plyo box with enough room to drop into a sprawl position [A], wait for your training partner to cue when to 'GO'

ACTION: On 'GO', drop into a defensive sprawl [B], then explode [C] back onto your feet [D]. From there react straight into a box jump as quick as possible [E], sticking a solid landing [F] and finishing in a strong standing position [G]



ABOUT THE AUTHOR

Dean Phelps is a physiotherapist at *Fighting Fit Physiotherapy* with a special interest in combat sports. His background as a strength and conditioning coach helps fighters develop elite athletic performance and tailors specific programs to assist with reducing the risk of injury. He also loves the challenge of assisting fighters with the many different types of injuries they can face during their rigorous training camps and keeping them 'fighting fit'.

Visit him at www.fightingfitphysio.com.au

Scan here
for your behind-the-scenes
video of this 'Fighting Fit' plan
with Joe Muir!





CAREER STATS

Age: 33
Height: 185cm
Weight: 103kg
International Team: The Wallabies
Provincial Team: Western Force (WA) – Captain
Super Rugby Caps: 113
Wallabies Appearances: 14

“THERE WILL BE THINGS THAT SET YOU BACK AND LITTLE INFLUENCES THAT DETER YOU FROM THE GOAL, BUT IF YOU SET YOUR MIND TO IT YOU CAN ACHIEVE IT.”

TO BE RECKONED WITH

When Western Force captain Matt Hodgson was sidelined with a hamstring injury earlier this year, he put his focus into rehab, studying and preparing for the future.

WORDS HELEN O'NEILL | IMAGES THOMAS PERRY

Matt Hodgson knows what it's like to consistently be at the top of his game. With a constant focus on the next match and pressure to beat the opposition, Matt is used to early mornings, training hard and fuelling his body.

He has had an impressive 14 Wallabies appearances, captained the Western Force in their most successful season in Super Rugby (2014) - and became the first Force player to notch 100 caps for the club.

Unfortunately, Matt was recently hit with a huge blow, and on the eve of this year's Super Rugby season was sidelined with a hamstring injury and deemed out of action for close to three months.

"It's tough to be injured, especially for a very long time, but injuries are part of the job, so you know that going into it. I'm lucky enough to only have had a few setbacks," Matt says.

Brought up to believe that anything handed to him on a silver platter 'wasn't worth it' because he didn't earn it, Matt applied this approach to the injury. He was able to shift his mindset from worrying about the injury to focusing on coming back in better shape than ever.

For the first couple of weeks after the injury, Matt was on crutches, but soon after he began a slight upper body program to keep him ticking over, consisting of high reps, and low weight, along with a little bit of glute activation and hamstring exercises so the muscles weren't disused while he was injured.

"I also did some rehab running, where I started off walking two laps around the field, which slowly built up. I was at four metres per second for a couple of weeks, and then built up to gain speed after 10 weeks."

While all this was going on, Matt was also using the time to get stuck into the books to refresh his qualification as a Personal Trainer, studying a Master Trainer course with the Australian Institute of Fitness.

Matt is refreshing all his knowledge on everything from fitness testing to taking clients through a program in the gym. He's learning programming for strength, stamina and flexibility, circuit training, functional training, strength and conditioning, training children, adolescents, older adults and those with medical conditions.

"It's been a good mix of online study and coming into class, and our Master Trainer at my F45 gym came through the Australian Institute of Fitness as well, so he has taken on a mentoring approach with me. Plus, it's always good to hit the books when travelling so I can study without the interruptions from my family and work commitments."

Matt's study coincides with his flourishing fitness business. Already the owner of an F45 gym in his hometown Perth, Matt hopes to continue to bring his extensive international rugby experience and formal experience to his clientele, at F45 Training West Leederville. Matt plans to launch another new training space at the Perth domestic airport in July, and a third by the end of year. ▶

With Matt having been a top athlete for over a decade in one of the most physically demanding sports played in Australia, his fitness, strength, endurance and durability is largely due to the training techniques he is keen to pass on to others.

"The more time I can spend at my gyms and the more qualified I can be, the better. It's one thing to be owner, but another to be part of the program. If I'm not qualified to teach and be part of what I own, then there's no point in being part of it. Plus, it's a good way to think of life after rugby."

Being a trainer is something Matt has had to learn to get used to, but he now gets a kick out of seeing people progress, whether that's through losing body fat

or gaining muscle. He also enjoys coming up with new programs and ideas, which he tests on himself, before he puts anyone through it.

The peak performance workout Matt is demonstrating overleaf is a combination between what he does weekly to keep him in the best shape going into a game, mixed with a fair bit of rehab as he's still coming back from an injury.

"It feels like I have recovered 100%, but it's important to

continue to rehabilitate the muscle for the whole year to ensure the injury doesn't reoccur."

The workout is based on glute and hamstring strength, as well as lower body, mixed in with a bit of upper body. You will definitely feel the power through your legs and core doing these exercises (see page 89).

Start with light weight and high reps to get the muscle under fatigue, and

then build up, by adding weight and dropping the reps. Before Matt was able to stop rehab running, he had to hit 200kg on the deadlift three times, so worked out a 10-12-week program to slowly reach that over time.

And what one last tip would Matt give for you to obtain his level of fitness and strength? "Never give up. There will always be setbacks. I have had them in my career, but I have never given up, because if you want to reach your end goal you can get there if you put the effort in. There will be things that set you back and little influences that deter you from the goal, but if you set your mind to it you can achieve it."

**"IT'S TOUGH
TO BE INJURED,
ESPECIALLY FOR A
VERY LONG TIME,
BUT INJURIES ARE
PART OF THE JOB."**



TRAIN LIKE MATT

Be at the top of your game with this peak performance workout from Super Rugby player Matt Hodgson.

WORKOUT DEMONSTRATED BY: MATT HODGSON, WALLABIES PLAYER AND WESTERN FORCE CAPTAIN

WORKOUT DEVELOPED BY: JOSH PULLMAN, AUSTRALIAN INSTITUTE OF FITNESS COACH, IN CONJUNCTION WITH MATT HODGSON

LOCATION: F45 TRAINING, WEST LEEDERVILLE

MAINTAIN MAXIMAL FUNCTIONAL STRENGTH WITH THIS PEAK PERFORMANCE WORKOUT AS DONE BY MATT HODGSON FOR THE COMPETITION PHASE OF THE SUPER RUGBY SEASON. This program will ensure

you're strong enough to meet the demands of any situation.

Exercises such as deadlifts, box jumps and lunges assist with the performance of

sprinting, tackling, and agility. Pair these with upper body exercises such as a barbell bench press and dumbbell shoulder press, and you'll be set for tackling, scrums and line-outs.

So whether you need to be rugby fit, or just need to push your training to the next level, get to the gym and start pumping out this workout.

THE WORKOUT

EXERCISE	REPS	SETS	REST
DUMBBELL FORWARD LUNGE	6-8	3-4	60-240 secs
BARBELL DEADLIFT	6-8	3-4	60-240 secs
BOX JUMP	6-8	3-4	60-240 secs
DUMBBELL BENCH PRESS	6-8	3-4	60-240 secs
DUMBBELL SHOULDER PRESS	6-8	3-4	60-240 secs
DUMBBELL LATERAL RAISE	6-8	3-4	60-240 secs

DUMBBELL FORWARD LUNGE

TARGET MUSCLES: Hamstrings, quadriceps, gluteal muscles, gastrocnemius

SET-UP: Holding a dumbbell on either side of your body, stand up straight with space to move in front of you.

ACTION: Keep the dumbbells close to your body on either side, with your shoulders square and your arms straight. Take a step forward with one foot, lifting the back heel of the other foot off the ground. Bend the hips and knees simultaneously to lower into the lunge, ending with the front knee over the front foot and the back knee bent towards the ground. Push through the front foot to return yourself back up to the standing position. Do one full set on one leg, and then swap.

VARIATIONS: Static lunge, travelling lunge





BOX JUMP

TARGET MUSCLES: Gluteal muscles, quadriceps, hamstrings, gastrocnemius

SET-UP: Start by facing towards the box, with your feet hip-width apart.

ACTION: Drop quickly into a squat position, bending your knees, to sit back and down, and swing your arms back, pushing through your feet to lift yourself onto the box. Land softly in a squat position and hold for 1-2 seconds to emphasise a tight technique. Carefully step down from the box, and then you're ready to go again.

VARIATION: Dumbbell squat

DUMBBELL LATERAL RAISE

TARGET MUSCLES: Deltoids

SET-UP: Place your feet hip-width apart, or with one slightly in front of the other, holding the dumbbells in front of thighs with your palms facing inwards.

ACTION: Raise your arms out to the side to shoulder height or just below, maintaining a slight bend at the elbow. Then slowly lower your arms, returning to the starting position.

CAUTION: It's important to also complete upper-body pull based movements (such as variations of the seated row and lat pull down) to balance your program, along with a number of rehab/prehab exercises specific to areas of your body that may be at risk of injury.



BARBELL DEADLIFT

TARGET MUSCLES: Gluteal muscles, hamstrings, quadriceps (some back muscles and gastrocnemius work to assist the movement)

SET-UP: With your feet hip-width apart, stand close to the barbell, then lean forward and bend the knees, gripping the bar using a reverse power grip (one hand under, the other overhand). Ensure



the spine is braced in a neutral position by engaging your core.

ACTION: Push through the heels as you pull the bar up your shins, keeping the knees over the feet. As the bar passes the knees, drive the hips forward until both the hips and knees are extended and you are standing straight. To lower the bar, lean forward at the hips and bend the knees, keeping the bar close to the legs.

DUMBBELL BENCH PRESS

TARGET MUSCLES: Pectoralis major, triceps brachii, anterior deltoid

SET-UP: Lie down on the bench, with your feet on the floor at shoulder width. Holding a dumbbell in each hand, place your arms at a 90-degree angle, bending at the elbow.

ACTION: Lift the dumbbells straight above your shoulders in a vertical line. Slowly bring the weight down again, ensuring the elbows stay safe on extension.

VARIATION: Barbell bench press



DUMBBELL SHOULDER PRESS

TARGET MUSCLES:

Deltoids, triceps brachii

SET-UP: Sit on the bench in an incline position, with your feet hip-width apart. Hold a dumbbell in each hand at shoulder level slightly forward of the body.

ACTION: Lift the dumbbells in a vertical line to finish overhead, keeping the elbows soft on extension. Slowly bring the dumbbells back down into the starting position.

VARIATION: Barbell shoulder press

EAT LIKE MATT

EVERYDAY FUEL

Breakfast: Cereal, such as Weet-Bix

Mid-Morning Snack: Usually a sandwich or some toast

Lunch: Carb-based, such a pasta dish or a high protein, low-fat meal

Afternoon Snack: Toast or fruit, etc.

Dinner: If I have a high-carb lunch, it's usually a high-protein dinner, and vice versa

Drink: 4-6 litres of water, backed up by an electrolyte drink and a couple of protein shakes

MATCH DAY FUEL

Breakfast: Cereal, such as Weet-Bix or Nutri-Grain

Lunch: Pasta meal, such as spaghetti bolognese

4 hours before the game: Pancakes, because it's high-carb but feels light on the body and digests easily, with a bit of honey or maple syrup

Post-game dinner: Pizza or a stir-fry, but I struggle to eat post-game, so normally it's not until 11 or 12pm that night when I have dinner which is only light because I am up early the next day

Drink: 4 litres of water during the day



STEP UP YOUR FITNESS

Stair climbing is fast becoming a popular and physically challenging sport, with thousands of eager Australians scaling the tallest skyscrapers, mountains and stadiums – all in the name of fun and fitness.

WORDS Adam Ryan, Stair Climbing Australia



Photo Credit: images supplied by StairClimbing Australia

Imagine if you could take a pill that kept your unwanted weight off during winter, toned and strengthened your muscles to look like a celebrity and gave you a feelgood endorphin rush like that first coffee of the day. Well stop dreaming, because it's just never going to happen. But I have the next best thing: stair climbing!

Never heard of it? Stair climbing is not only a competitive sport but also a rewarding and beneficial activity that anyone can enjoy. For the past 10 years the growth in this unique physical activity has grown exponentially with thousands of eager exercisers climbing the tallest skyscrapers, the steepest mountains and of course the knee-high steps of the MCG.

“STAIR CLIMBING BURNS 1.6 CALORIES COMPARED TO EVERY CALORIE BURNED ON FLAT GROUND.”

Using stairs as your form of exercise has an extensive range of health benefits from building and developing strength in the legs, increasing aerobic and anaerobic capacity alongside the positive psychological changes within your mind.

Carrying your bodyweight vertically recruits a large range of muscle fibres from all aspects of the lower limbs, which can be compared to repetitive lunges, squats or a leg press for up to 20 minutes. Activating large muscles within the body also generates heat and increases your metabolic rate, an important factor in weight loss and weight management.

With this comes the high demand on the cardiovascular and nervous systems respectively as the working muscles need oxygen-rich blood cells to get the job done. As the cardiovascular system not only delivers oxygenated blood to the legs it also carries away free radicals and waste products produced within the working muscles. Lactic acid is one of the substances produced, which makes your legs feel heavy during the activity followed by the thought process of stopping, as it feels too hard to continue. This is when it becomes psychological and you can build your resistance mentally by learning to push through the discomfort associated with such high levels of lactate in the blood. This improves the 'never give up' mentality and can assist in day-to-day decision making on many levels.

The challenge of climbing stairs also leads in the calorie-burning department. Stair climbing burns 1.6 calories compared to every calorie burned on flat ground.

Many people are adding stair climbing to their fitness plans and weekend adventure activities, with new stair climbing social groups popping up all of the time. The sport culminates with events such as Stadium Stomp, happening at four iconic sports stadiums in 2015.

There's nothing better than a training buddy or group to keep you accountable and help you prepare for your next stair climbing challenge. Australia has a great following of stair climbers who travel around climbing all of the tallest buildings and stadiums in the country and making sure they share a well-earned drink after the climb. **MMH**

See pages 95–97 for your
**intermediate 5-week training
program that will have you
scaling stairs in no time!**



Photo Credit: images supplied by Stair Climbing Australia

THE CHALLENGER

Intermediate* 5-Week Training Program

**Note: This program is NOT recommended for completely inactive people and is purely a guide for you to follow. If certain days don't work for you then change them according to your lifestyle.*

The intermediate 'Challenger' program is for those with a good to great fitness base. You may regularly attend a gym and participate in resistance training, cardiovascular exercise (treadmill, bike, rower etc) and/or group fitness classes. You should be capable of jogging/running for at least 20 minutes. You may have done a couple of fun runs/rides etc. You're ready to step up, know how to push yourself and hungry for the challenge. For beginner or advanced programs head to www.stadiumstomp.com.au

Before you start:

- For this program, train using a stair case that has 100-200 steps.
- For best results, take TWO steps at a time – this allows you to cover more ground in less time
- If a railing is available, USE IT! It takes a small amount of weight off the legs, resulting in better overall stamina
- When running becomes too difficult, don't be afraid to walk - you can still cover good ground with a solid walking pace
- Your mind will want you to stop before your legs & lungs - TAKE CONTROL; stair climbing can build a mental strength unlike any other!
- Avoid stair climbing on consecutive days as the legs and lungs need time to recover.

THE PROGRAM

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session	Stair Climbing	Rest	Gym	Rest	Stair Climbing	Rest	Rest
Description	3x3 stair ascents with 60 secs rest between sets.		Refer to provided program		3x3 stair ascents with 60 secs rest between sets.		
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session	Stair Climbing	Rest	Gym	Rest	Stair Climbing	Gym	Long Distance
Description	3x4 stair ascents with 60 secs rest between sets.		Refer to provided program		3x4 stair ascents with 60 secs rest between sets.	Refer to provided program	Cycle or jog for 30-45 minutes
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session	Stair Climbing	Cycle or Spin	Gym	Rest	Stair Climbing	Gym	Rest
Description	3x5 stair ascents with 60 secs rest between sets.	45mins	Refer to provided program		3x5 stair ascents with 60 secs rest between sets.	Refer to provided program	
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session	Stair Climbing	Cycle or Spin	Gym	Rest	Stair Climbing	Gym	Long Distance
Description	3x6 stair ascents with 60 secs rest between sets.	45mins	Refer to provided program		3x6 stair ascents with 60 secs rest between sets.	Refer to provided program	Cycle or walk for 30-45 minutes
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Session	Rest	Gym - Half Program	Rest	Stair Climbing	Easy Cycle	Rest & Recover	Race
Description		Refer to provided program		3x3 stair ascents with 60 secs rest between sets.			



Photo Credit: Shutterstock.com

WHEN YOU TRAIN:

- The tempo when lifting should be smooth and consistent.
- Avoid pausing during repetitions, to keep the heart rate up.
- If it's too hard or too easy, have your trainer adjust your program accordingly.
- Choose the right weight. Your trainer should be able to determine the ideal amount of weight to challenge you without causing injury.
- Try using the stair master at the end of your workout instead of at the beginning – this will be a great test of strength & endurance.

THE WORKOUTS



Ideally (if your body allows) it's recommended that you complete this resistance training twice a week.

Note: NOT on consecutive days as muscles will need 48-72 hours to repair.

Week 1	Week 2	Week 3	Week 4	Week 5
Rower	1500m, record time	1500m, record time	1500m record time	1500m record time
Stair Master (Machine)	60 sec easy / 60 sec hard for 4-6 minutes	60 sec easy / 60 sec hard for 6-8 minutes	60 sec easy / 60 sec hard for 8-10 minutes	60 sec easy / 60 sec hard for 10-12 minutes
Squats	Sets: 2 Reps: 20-25 Rest: 30-60 secs between sets	Sets: 2 Reps: 20-25 Rest: 30-60 secs between sets	Sets: 3 Reps: 20-25 Rest: 30-60 secs between sets	Sets: 3 Reps: 20-25 Rest: 30-60 secs between sets
Seated Rows	Sets: 2 Reps: 15-20 Rest: 30-60 secs between sets	Sets: 2 Reps: 15-20 Rest: 30-60 secs between sets	Sets: 3 Reps: 15-20 Rest: 30-60 secs between sets	Sets: 3 Reps: 15-20 Rest: 30-60 secs between sets
Step Ups (the step should be the same height as your knee)	Sets: 2 Reps: 45 secs Rest: 30-60 secs between sets	Sets: 3 Reps: 45 secs Rest: 30-60 secs between sets	Sets: 3 Reps: 60 secs Rest: 30-60 secs between sets	Sets: 3 Reps: 60 secs Rest: 30-60 secs between sets
Alternating Cable Rows	Sets: 2 Reps: 10-15 each arm Rest: 30-60 secs between sets	Sets: 2 Reps: 10-15 each arm Rest: 30-60 secs between sets	Sets: 3 Reps: 10-15 each arm Rest: 30-60 secs between sets	Sets: 3 Reps: 10-15 each arm Rest: 30-60 secs between sets
Calf Raises	Sets: 2 Reps: 15-20 Rest: 30-60 secs between sets	Sets: 2 Reps: 15-20 Rest: 30-60 secs between sets	Sets: 3 Reps: 15-20 Rest: 30-60 secs between sets	Sets: 3 Reps: 15-20 Rest: 30-60 secs between sets
Dumbbell Arm Swings	Sets: 2 Reps: 45secs Rest: 30-60 secs between sets	Sets: 3 Reps: 45secs Rest: 30-60 secs between sets	Sets: 3 Reps: 60secs Rest: 30-60 secs between sets	Sets: 3 Reps: 60secs Rest: 30-60 secs between sets
L & R Side Plank / Bridge	Sets: 2 Reps: 45 secs Rest: 30-60 secs between sets	Sets: 2 Reps: 60 secs Rest: 30-60 secs between sets	Sets: 2 Reps: 60 secs Rest: 30-60 secs between sets	Sets: 3 Reps: 60 secs Rest: 30-60 secs between sets
Cool Down & Stretch	Hold stretches for 20-30 secs	Hold stretches for 20-30 secs	Hold stretches for 20-30 secs	Hold stretches for 20-30 secs

For more information about the sport of stair climbing please visit
www.stairclimbing.com.au

6 MOVES FOR MORE MASS

Grow your chest in just three weeks with these six easy moves

FITNESS MODEL Zac D Smith | IMAGES Dallas Olsen | EQUIPMENT Cyberfit and Gym & Fitness

THERE ISN'T A SINGLE ONE OF YOU READING THIS WHO DOESN'T WANT TO ADD SIZE TO THEIR CHEST.

But the problem is, once you've hit your peak physique, it can be hard to generate more mass in this area. You need a strategy, which is why we've come up with six moves that are guaranteed to leave your muscles no choice but to grow! By the end of this 3-week plan you'll be heading out to buy new T-shirts that fit your recently acquired Johnny Bravo bulk.

HOW IT WORKS:

One mistake often made in the pursuit of a bigger chest is forgetting the importance of your latissimus dorsi – the upper-back muscles that flare out from your sides. When it comes to width, these are your body's largest muscles and a little love in this area can help double your results in no time. This routine will ensure you train with balance, using a push/pull technique that will superset one chest exercise (the push) with one back exercise (the pull). Combining opposite muscle-group exercises will see you exhausting your muscles faster and with less weight. This is a good thing because the less weight used, the less

stress your joints will be under, helping you maintain this intense three-week schedule. For week one you'll use heavy weights, low reps and an essential full two-minute rest between supersets. For the last two weeks you'll increase your reps and sets, using lighter weights and shorter rest periods. This switch will keep your muscles guessing and allow enough time to recover, so you can push through the 21-day cycle for visible gains.



THE **WORKOUT**

Week	Frequency	Sets Per Exercise	Reps Per Set	Rest
1	Twice a week	3	5-6	120 secs
2	Twice a week	3	6-8	90 secs
3	Twice a week	4	8-10	60 secs

Note: there should be three rest days in between each workout to allow your body to fully recover and adapt. For example, if you trained Day One on a Monday, your next training day would be Thursday.

SUPERSET 1

A. Bench Press

TARGET MUSCLES:

Upper pectorals, shoulders and triceps

SET-UP: Lie back on a flat bench. Grasp the bar with an outside shoulder-width, overhand grip. Hold the bar above your chest with your arms extended.

ACTION: Inhale as you lower the bar, keeping your elbows close to your body. Don't bounce the bar off your chest but rather, when the bar is 2-3cm from your chest, pause and press the bar back up to starting position.



TIP: Ensure your back, head and buttocks remain in contact with the bench as you lift. Arching your back will allow other muscles, such as your triceps, to step in and help push the weight up instead of focusing the full attention on your chest.





B. Bent-Over Row

TARGET MUSCLES: Latissimus dorsi, middle trapezius and lower back

SET-UP: Standing with your feet shoulder-width apart, grasp the bar with a shoulder-width, overhand grip. Keeping your knees slightly bent, lean forward at your waist until

your torso is roughly parallel to the floor. The barbell should be in front of your shins.

ACTION: Without raising your upper body, pull the bar up toward your abdomen. Bringing your elbows high and above your back, hold the bar in the peak contraction for a brief count, then slowly lower the bar to the starting position and repeat.



TIP: Placing your hands either too wide or too narrow will mean there is less emphasis on your lats, which is the muscle we are trying to target with this move, so keep them at shoulder-width for best results.

SUPERSET 2

A. Incline Barbell Press

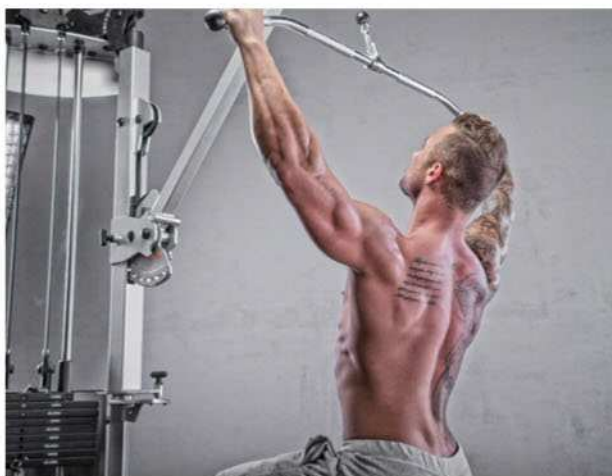
TARGET MUSCLES: Upper pectorals, shoulders and triceps

SET-UP: Set an adjustable bench to about 30 degrees. Lie back squarely on the bench, feet wide on the floor for stability. Grasp the bar with an outside shoulder-width, overhand grip. Hold the bar above your chest with your arms extended.

ACTION: Inhale as you lower the bar, keeping your elbows close to your body. Don't bounce the bar off your chest but rather, when the bar is 2-3cm away from your chest, pause and press the bar back up to starting position.



TIP: Increase difficulty of this move by raising the bench just one setting up from the flat position of superset 1. For every set afterwards, raise the setting by one, only stopping once you reach a 35-45 degree angle.



B. Lat Pull Down

TARGET MUSCLES: Latissimus dorsi and middle trapezius

SET-UP: Using an overhand grip, grasp the pull-down bar with both hands (slightly wider than shoulder-width). Sit down with your legs securely under the pads (if available) and lean back slightly.

ACTION: Begin by drawing your shoulder blades in towards one another, then pull the bar down until it touches the top of your chest. Allow the bar to travel slowly back to starting position, emphasising the stretch in your lats as you do so.



TIP: Hook your thumbs on the same side as your fingers. This grip will prevent your biceps from assisting, allowing your back to do most of the hard work.

SUPERSET 3



TIP: Because the angle of this exercise decreases your range of motion, it increases the amount of weight you can press. Take advantage of this by slightly increasing the load for bigger gains.

A. Heavy Decline Dumbbell Press

TARGET MUSCLES: Lower pectorals, shoulders and triceps

SET-UP: Set the angle of the decline to about 30 degrees. Lie back on the bench, and position the dumbbells just outside your shoulders (you will need assistance from a gym partner here). Your

elbows should be pointing down, palms facing forward.

ACTION: In a strong motion, press the dumbbells up and together to full arm extension (again, it's best to have a spotter to assist you here). Inhale as you lower the weights down under control and repeat.

B. One-Arm Seated Row

TARGET MUSCLES: Middle trapezius and latissimus dorsi

SET-UP: Attach a D-handle to a low cable rowing machine. Sit down and grasp the handle with your right hand, keeping your torso straight and arm extended.

ACTION: Slowly pull the D-handle towards your body, squeezing your shoulder blades together as you do so. Once the handle reaches your hip, return to starting position. Finish all required reps on one side before switching over to the opposite side.



TIP: Don't get pulled around! Resist the weight as you extend your arm back to starting position and in doing so keep control of the cable for a slow return.

when less



is more

MMH writer Michael Henry takes a break from his finance column to test the Tesla electric car. The car was so amazing, we fear he may never be the same again...

WORDS Michael Henry

I OWN A V8. IT IS A CAMARO AND THE STANDARD ENGINE BOASTS 426HP.

It's slightly tweaked and I love it! The sound at 4000 rpm is brutal, at 6000 rpm trees are shaking and my wife will not speak to me for at least a week. But as a confirmed adrenalin junkie I have no choice but to occasionally lay rubber and enjoy a twisted little smile that confirms I am still alive and am still a revhead!

I mention this in my introduction because this review has damaged me for life. Tesla Australia offered me a P85 Model S Saloon luxury car to test.

Why not, I thought. It should be fun and I am so inspired by the creator Elon Musk; he has an incredible life and he has so much further to go, but more about him later.

How damaged am I you ask?

Read on to find out...

Scott rolls up to the red light in his GT3. It is small and classy, a fiercely beautiful car with German technology up to the eyeballs. The sound is crisp and he knows he has seriously "made it". Two lanes away, Brian rolls up in his M3. An affordable road racer that is now so refined even an idiot could lap this thing at an impressive time. The special carbon fibre bonnet covers an amazing engine that is a schoolboy's dream. Scott and Brian smirk when a shiny, unrecognisable Saloon glides to a halt between them. It looks like a Jag has mated with a Maserati, and the driver... well, he is enjoying some refined music while he plays with the 17-inch tablet mounted in the centre dash. He's a serious nerd who does not realise he is surrounded by decades of engineering brilliance.

The light turns green and Mr Nerd, feeling a bit cheeky, floors it. In 3.4 seconds he is doing 100km per hour and has left Scott and Brian wondering what the hell just happened! This is the effect of the Tesla P85D twin engine rocketship. It is classy, silent, refined and advanced in so many ways that words do not do it justice.

Body blow number one. This is the fastest car I have ever driven... and even my wife likes it! It is silent, economically and environmentally responsible.

At the next set of lights Mr Nerd picks up four friends. Turns out he is popular! Scott and Brian arrive and are silently trying to figure out what the build of this car is. At least now it will be slower with such a load. Some of these new passengers are big boys, but they all seem to fit in quite easily! The lights go green and Mr Nerd, now cheered on by his posse, does what he always does and hits the accelerator; much to the delight of the passengers. Scott and Brian are revving and changing gears in an effort to keep up; Mr Nerd has, however, taken off - never to be seen again.

Body blow number two. This is not just a great electric car, it's a great sports/prestige/family car. There is room for the whole family, who can access the internet and ride in peace and safety. There are four large doors and every time we went somewhere I had to check that the wheels were not folding up under that car because it feels like it hovers over the ground.

For all you Scotts and Brians out there, the Tesla P85 commands a great deal of respect. It is not a sports car really. It is so much more. Most models do not boast the twin engine but even the single engine gets you to 100kmh in just 4.4 or 5.7 seconds depending on which model you choose. I believe what Tesla have done to be the most significant step in motoring this century. They have rewritten the book on cars and I for one, despite my now personal emotional damage at not owning one, want to thank them. They have proven that electric cars not only offer muscle and class but they will just get better and better.

Once you order your custom-made car it will take three to six months to build and ship it from California. Upon leaving the showroom your car will continue to evolve. Tesla are continuing to update the software and you get it for free in automatic downloads as soon as it is available. Your car is literally morphing into something better each year! They have just released an autopilot package, which helps with changing lanes and parking and is a free upgrade for all S models. This software will guide the car on the road depending on surrounding cars and the terrain!

For the grease monkeys out there, this car is not for you. There are no

carburettors, no exhaust systems, no gearboxes, no bolt-on accessories, no suspension upgrades, no turbo chargers, no air coolers, no oil coolers, heck there are no bonnet scoops! The engine is the size of a small golf bag so you get a front boot and a rear boot with no central tunnel to take away leg room in the rear seat. The battery weighs 700kg and takes up the whole floor pan. The suspension is an air system, which is ground-breaking enough, but when coupled with the all-wheel drive in the twin engine version delivers amazing traction.

Body blow number three. I actually struggle to understand the technology in this car. Everything is new.

Once you get your head around the automatic door handles and seat positioning, you can play with the brain behind the car and start programing the air conditioning, sunroof, stereo, seat heaters, display units and your phone all from the massive 17-inch display in the centre of the car's dashboard. You will need to understand the range of the car on a battery charge. It is up to 500km per charge depending on how you drive. Too many hard take-offs and you will drop to a 400km range quickly. You can charge the car at home or at any charging station, however, you will need to plan any touring around



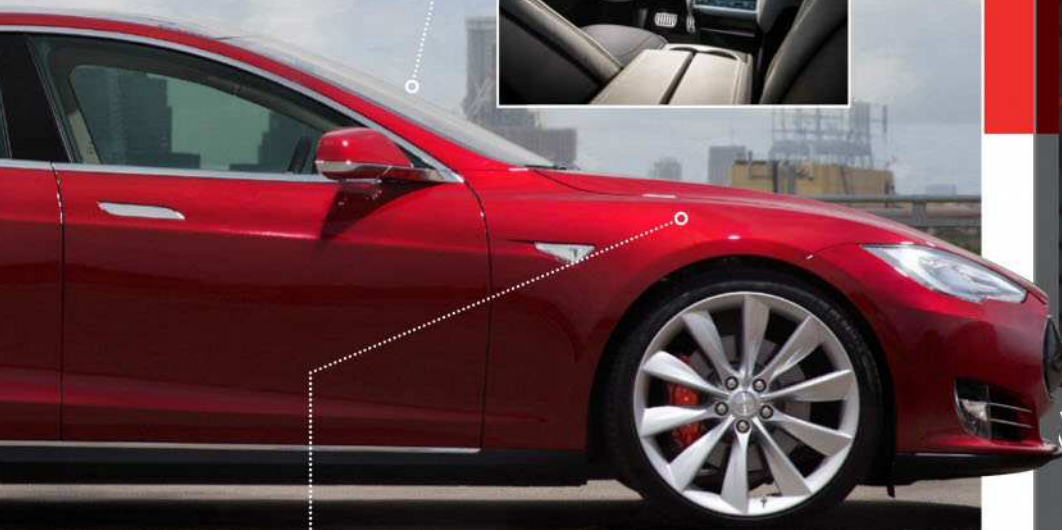
"IF YOU ARE PLANNING ON SPENDING 140K+ ON ANY CAR, LOOK INTO THE TESLA. IT WILL HAVE BETTER RESALE VALUE THAN ANY COMPETITOR AND IT COSTS BASICALLY NOTHING TO MAINTAIN."

the charge required. Soon you will be able to travel up and down the east coast of Australia, but right now it is not quite possible.

Tesla model S has to be ordered. You will not find a second-hand one and they hold their value like no other car I know of. The price starts at around \$100,000 but be prepared to pay nearly double that as you add on the options that you will need. The

website will allow you to plan the options that suit you best. My advice is if you are planning on spending 140K+ on any car, look into the Tesla. It will have better resale value than any competitor and it costs basically nothing to maintain (you don't actually have to service it). Oh and there is one more thing... it costs nearly nothing to run as it is electric, meaning no more petrol bills! **MMH**

It looks like a Jag has mated with a Maserati, and the driver... well, he is enjoying some refined music while he plays with the 17-inch tablet mounted in the centre dash.



The engine is the size of a small golf bag so you get a front boot and a rear boot with no central tunnel to take away leg room in the rear seat.

ABOUT THE CAR'S CREATOR



Tesla Motors' founder: Elon Musk

Life & Achievements of Mr Elon Musk

- Born 1971, South Africa
- Sells first video game he created at age 12
- Moves to Canada/USA and in 1999 sells Zip2 to Compaq for \$22m
- Forms X.com which in 2000 rebrands to PayPal
- In 2002 Ebay purchase Pay Pal for \$1.5 billion and \$165m goes to Musk
- Becomes US citizen and Founds SpaceX in 2002
- 2004 invests in Tesla motors
- 2007 Space X wins a contract for \$1.6 billion for space station
- 2008 BECOMES Tesla CEO
- 2012 Tesla starts delivery on Model S
- 2013 Releases Concept or Hyperloop hi-speed train

“ ONCE YOU ORDER YOUR CUSTOM-MADE CAR IT WILL TAKE THREE TO SIX MONTHS TO BUILD AND SHIP IT FROM CALIFORNIA. ”

UPON LEAVING THE SHOWROOM YOUR CAR WILL CONTINUE TO EVOLVE. ”

how does alcohol affect my training?

We all know that alcohol is bad for us, but how much does it really affect our ability to train, build muscle and recover? Peter Miran explains...

WORDS Peter Miran

Everyone knows that alcohol is toxic. It offers no nutritional advantage to your health or well-being, nor can it aid or facilitate better bodily functions. That is common knowledge to all. We're also well aware of the many dangers attached to alcohol abuse; among them violence, dangerous driving, uninhibited behaviour and long-term damage to the organs. As a sociological subject none of this information is new or special at all. So I won't harp on about the excessive consumption of alcohol.





Photo Credit: Shutterstock.com

how strong is your drink of choice?



We're here to look at how alcohol can significantly interfere with the positive results that come from resistance training. But first, let's quickly summarise what alcohol is and what the term represents, by definition.

WHAT IS THIS POISON?

Alcohol is a general term denoting a family of organic chemicals with common properties. Members of this family include ethanol, methanol, isopropanol and others. This summary discusses the physical, chemical and physiological

aspects of the most commonly ingested of these: ethanol.

Alcohol (ethanol) is a clear, volatile liquid that burns (oxidises) easily. It has a slight, characteristic odour and is very soluble in water. Alcohol is an organic compound composed of carbon, oxygen, and hydrogen. Alcohol is a central nervous system depressant, and of all the body's systems it is the central nervous system that is most severely affected by alcohol. Impairment is proportional to the concentration of alcohol in the blood.

When ingested, alcohol passes from the stomach into the small intestine,

where it is rapidly absorbed into the blood and distributed throughout the body. Because it is distributed so quickly and thoroughly the alcohol can affect the central nervous system even in small concentrations. In low concentrations, alcohol reduces inhibitions. As blood alcohol concentration increases, a person's response to stimuli decreases markedly, speech becomes slurred, and he or she becomes unsteady and has trouble walking. With very high concentrations greater than 0.35 grams/100 millilitres of blood (equivalent to 0.35 grams/210 litres



"AS BLOOD ALCOHOL CONCENTRATION INCREASES, A PERSON'S RESPONSE TO STIMULI DECREASES MARKEDLY, SPEECH BECOMES SLURRED, AND HE OR SHE BECOMES UNSTEADY AND HAS TROUBLE WALKING. WITH VERY HIGH CONCENTRATIONS A PERSON CAN BECOME COMATOSE AND DIE."



of breath) a person can become comatose and die.

There is no refuting the argument that alcohol has no place in a serious athlete's life. After reading the above we're all aware physiologically of the 'why' here. Alcohol consumption is not something that any athlete should want to get involved with because it has many adverse effects on everything we need to gain muscle: hydration (muscles are made of water), recovery, anabolism, and the ability to focus are just a few examples.

I'm sure none of you would even consider drinking alcohol before or after

a workout; but even having a few drinks a night or two before a workout can have negative impacts on performance and recovery. On the other hand, avoiding alcohol completely has many benefits in both the short- and long-term.

ALCOHOL AND TRAINING DO NOT MIX

Considering the excessive calories in alcohol alone can give us an impression of the setback for many athletes, especially those on low-calorie diets. Excessive calories from alcohol or anything else calorie-dense is definitely not something

we want as performance athletes or especially aesthetic athletes, where low body fat percentage is essential.

It's notable that all good things are good only in moderation and alcohol definitely fits that line of thinking. Alcohol in small doses has been proven to enhance relaxation and have some benefits to the heart by thinning the blood. Paul Cribb, world-renowned exercise scientist and research and developer to the great American sports nutrition company AST, has written about some benefits to drinking red wine nightly in very small amounts for improved fat loss.

He recommends no more than half a glass of wine per evening (about 60ml).

Even in two to three glasses of alcohol there are usually more than 150 calories, and the adverse affects such as dehydration and minimised recovery start to set in. Drinking really is not a requirement of good health overall, despite evidence here and there supporting some minor benefits. Certainly, there are more negative effects than positive.

The cold hard truth is that being a non-drinker has far great benefits than being a regular consumer of alcohol. It has many negative effects on training progressions and can cause ill effects physiologically for days after it is consumed. These ill effects can take days to normalise as your body attempts to hydrate and cleanse the damage to organs, especially the liver, and the inevitable hormone and brain chemical dysfunction that it has incurred. By the time the regular drinker's body has normalised and created balance within its environment, the drinker has picked up another alcoholic beverage, resetting the unnecessary cycle of recovery the body goes through.

Dehydration

Let's take into consideration the most obvious adverse effect, dehydration. Around 24-48 hours after drinking excessively the kidneys are heavily impacted and therefore remaining hydrated as a result of that stress is very difficult. As the body's water goes to the kidneys to attempt to metabolise alcohol it is compromising the kidney's ability to do what is necessary and process other substances.

Muscles are fuelled by carbohydrates and muscle glycogen,

and water plays a significant role in the retention of that fuel within the muscle cell, therefore hydration is of the essence. It takes the body some time after becoming dehydrated to rehydrate, and it isn't as simple as drinking water before bed after a heavy night of drinking.

Drinking water incrementally throughout the night of drinking alcohol will assist in helping reduce the chances of severe dehydration, but it certainly is not the answer to avoiding dehydration completely. By avoiding alcohol your body (and kidneys especially) are not placed under duress and your ability to continue processing these fuels for energy is not disrupted at all.

Cognitive Function

We must also consider the effect that alcohol has on the ability of the brain to function optimally. Many of us well equipped to perform compound movements at times

take for granted the amount of motor activity required to perform even basic multi-jointed movement patterns. What we don't realise after doing so for many years is that - despite these functions becoming somewhat intuitive and second nature - they still require a deep mental focus and concentration to be executed with the kind of intensity and sharpness required.

Alcohol diminishes the function of the mind in many ways, especially due to the liver toxicity and how this precipitates into issues with brain chemistry that are heavily involved in maintaining proper and healthy mental functions. Being aware and sharp during training to enhance performance is an ability that is already affected through training lethargy and other environmental issues, let alone adding alcohol to the mix.

Alcohol intake, as mentioned earlier, slows down glycogen metabolism, hence the effect on muscular energy output. This also adversely affects the ability of the brain to function properly as the brain needs glycogen for energy to think efficiently. Training with more mind energy and free available glycogen improves our capacity to focus, execute movements more accurately and remain consciously aware of our body's positioning during a movement, simply because our mind is better fuelled than if it was affected by alcohol consumption.

Protein Synthesis

Staying anabolic, or in a state of protein synthesis (where cells are being recomposed and rebuilt), is impossible when you've been drinking. Drinking negatively impacts protein synthesis in a significant manner. Alcohol





adversely affects the absorption and uptake of protein for its building block role in protein synthesis or cell regeneration. Without sufficient protein available, you will not be able to maximise your workouts.

The issue with reduced protein synthesis is that it affects the very process that is a precursor to muscle building (anabolism), and that process is none other than muscle recovery

post-workout. You can't grow rapidly if you aren't recovering - simple!

“THERE IS NO REFUTING THE ARGUMENT THAT ALCOHOL HAS NO PLACE IN A SERIOUS ATHLETE'S LIFE.”

Sleep & Heart Health

Over and above the direct side-effects of alcohol on a positive resistance-training result are the effects of alcohol on the heart. Despite alcohol having a noted effect on blood thinning and vasodilation (enlarging of the blood vessels), the adverse effects of alcohol on the heart are significant. A regression in cardiovascular output can impede recovery between sets, or the ability to

grind through a higher-repetition workout with the endurance that it requires.

Alcohol also has an effect on the dopamine neurotransmitters and shuts off the supply of dopamine when heavily intoxicated. The issue with this is that dopamine, despite being shut off during intoxication, is still being produced. As alcohol starts to dissipate and waste from the system, dopamine begins to surge again, however, due to its suppression it has higher amounts being stimulated, causing a dopamine surge and an adrenalin high. For this reason, many who regularly become intoxicated by alcohol, once it has worn off, will have issues waking up and falling back to sleep, somewhat affecting REM sleep and overall sleep patterns.

THE BOTTOM LINE

Alcohol and training don't belong in the same sentence. Alcohol will affect the ability of a bodybuilder to improve muscle volume and aesthetics, and will impede your strength and conditioning. Performance inevitably takes a hit as a result also. Lack of hydration and poor recovery negatively impacts your ability to perform at your best in terms of strength and endurance.

Performance is reduced, recovery impaired, focus affected and energy is seeped. These are all minimal factors that collectively become highly damaging to the athlete's ability to move towards their goals when regularly consuming alcohol within a training program that has set intentions. **MMH**



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STRENGTHEN YOUR SHOULDERS

ALTHETE Garry Turner | IMAGES Dallas Olsen | LOCATION World Gym Ashmore

THE SHOULDERS ARE ESSENTIAL IN ALMOST ALL SPORTS AND PHYSICAL DAILY ACTIVITIES.

For example: carrying in the groceries, mopping the floor, passing a ball or going for a swim are all actions that require use of the shoulder muscles. However, because the shoulders are our most moveable joint, they are also the most unstable and prone to injury. For this reason, it is essential that your shoulders are strong and able to handle stress well.

Your rotator cuff muscles, the small muscles surrounding the shoulder joint, are key to keeping

your joint functioning efficiently. Weakness in these muscles can lead to instability, which can then result in injury. As these muscles are quite small, it is important to keep weight and repetitions low until you develop the necessary strength.

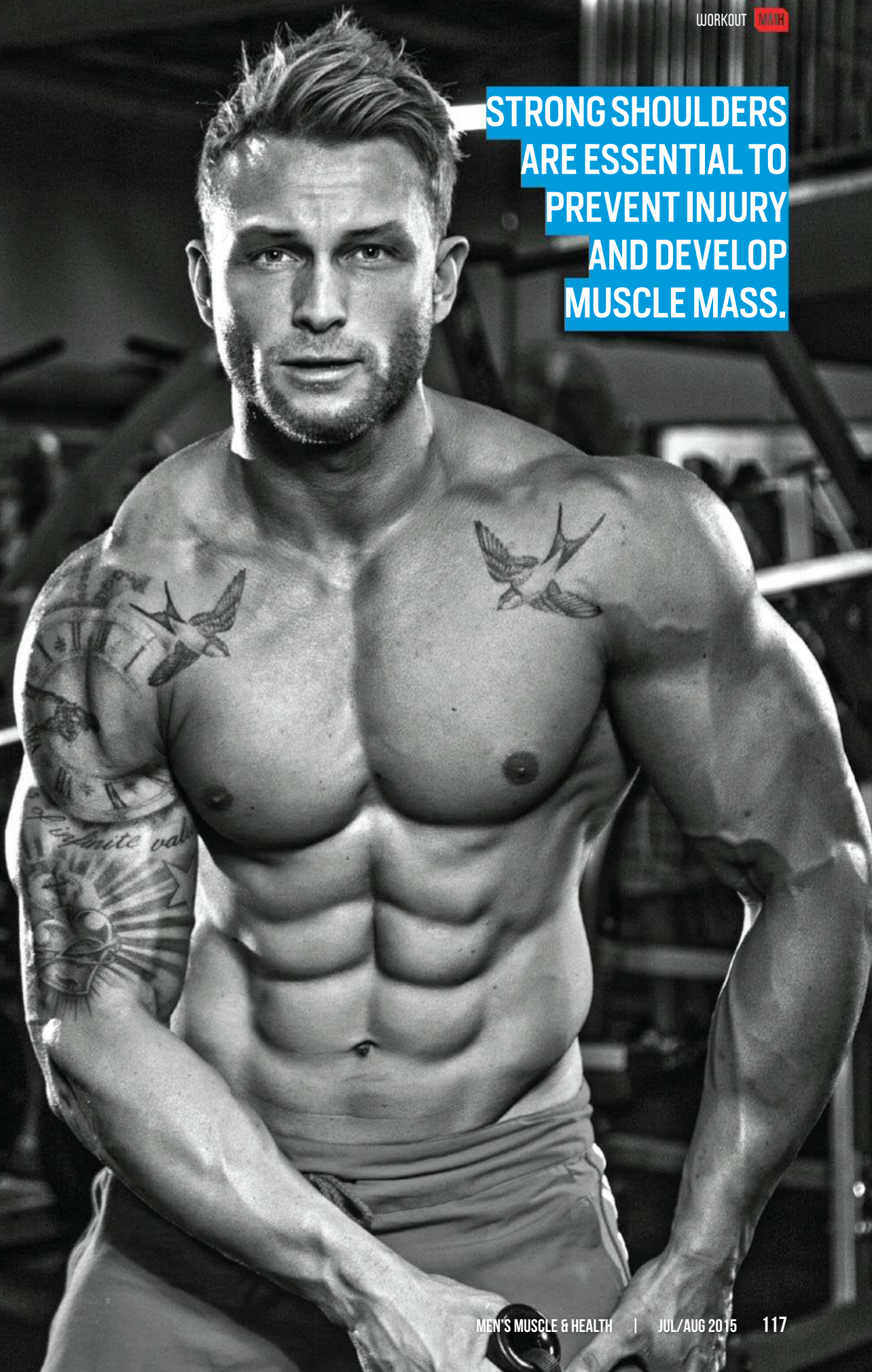
Once you have strengthened your shoulders, you will be able to lift more weight in almost all other upper-body dominant exercises. Lifting more weight will lead to an increase in muscle mass and assist you in developing the imposing physique you desire.

THE WORKOUT

As prevention to injury, warm up before training shoulders with two minutes of shadow boxing and a light set of 10 before each exercise. Weights should be kept light and all movements should be pain-free. If not, desist immediately and speak to your health care professional.

EXERCISE	SETS	REPS
CABLE LATERAL RAISE	4	5-8
FORWARD CABLE RAISE	4	5-8
CABLE UPRIGHT ROW	4	8-10
BENT-OVER LOW-PULLEY SIDE LATERAL	4	5-8

**STRONG SHOULDERS
ARE ESSENTIAL TO
PREVENT INJURY
AND DEVELOP
MUSCLE MASS.**



CABLE LATERAL RAISE

SET-UP: Stand with your left side to the cable machine, feet shoulder-width apart, back and neck straight. Grasp the d-handle attachment with your right arm, leaving a slight bend in the elbow.

ACTION: Maintaining this posture, slowly raise your arm out to the side until your hand is at shoulder level. Do not lock out the elbow. Control the pull of the weight as you return slowly back to starting position.



Slowly raise your arm out to the side until your hand is at shoulder level – Do not lock out the elbow.

**KEEP YOUR CABLE TRAINING
HUSH-HUSH**

When it comes to using the cable machine, the quieter the better. If your weight plates keep bashing and crashing, we hate to break it to you, but you're doing it wrong.

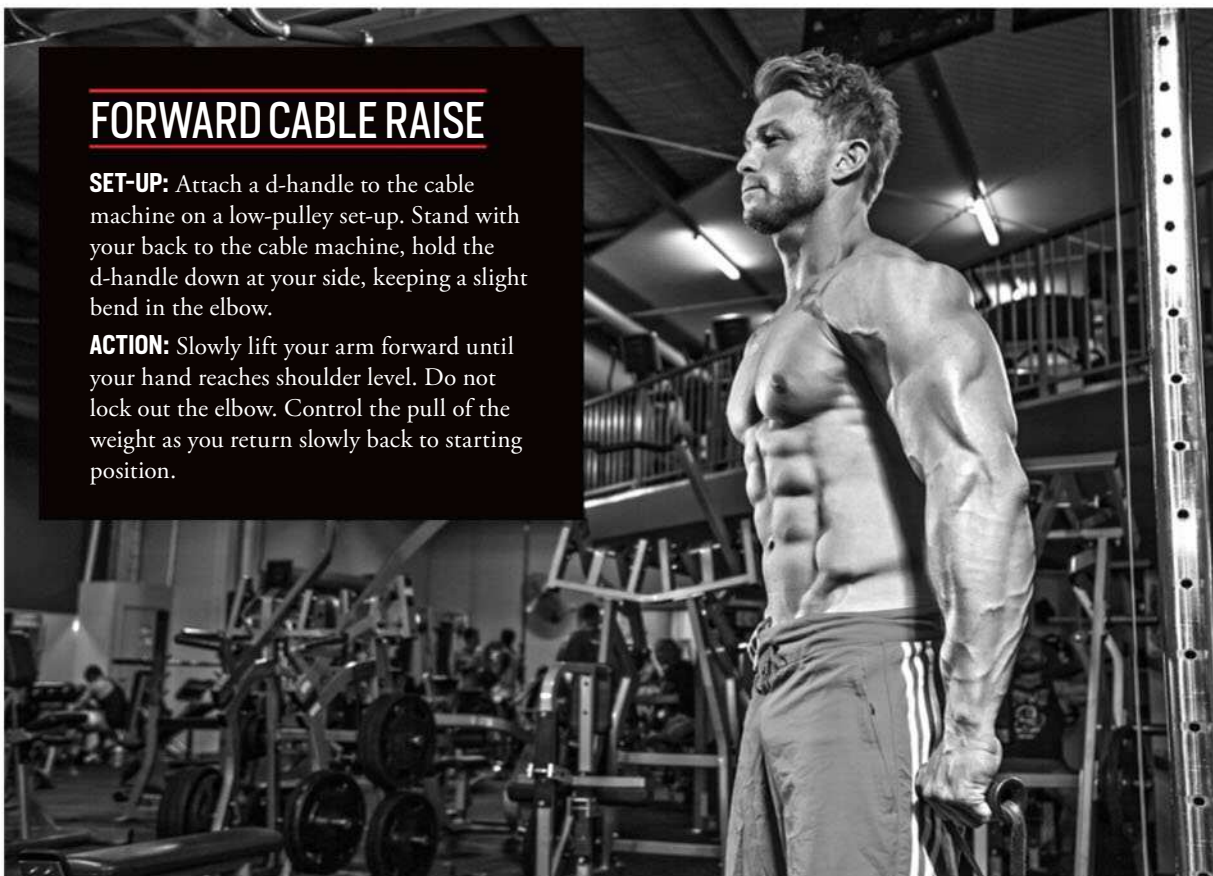
To avoid the plates clattering together, keep your muscles contracted and your movement controlled, as this will ensure a more effective workout.



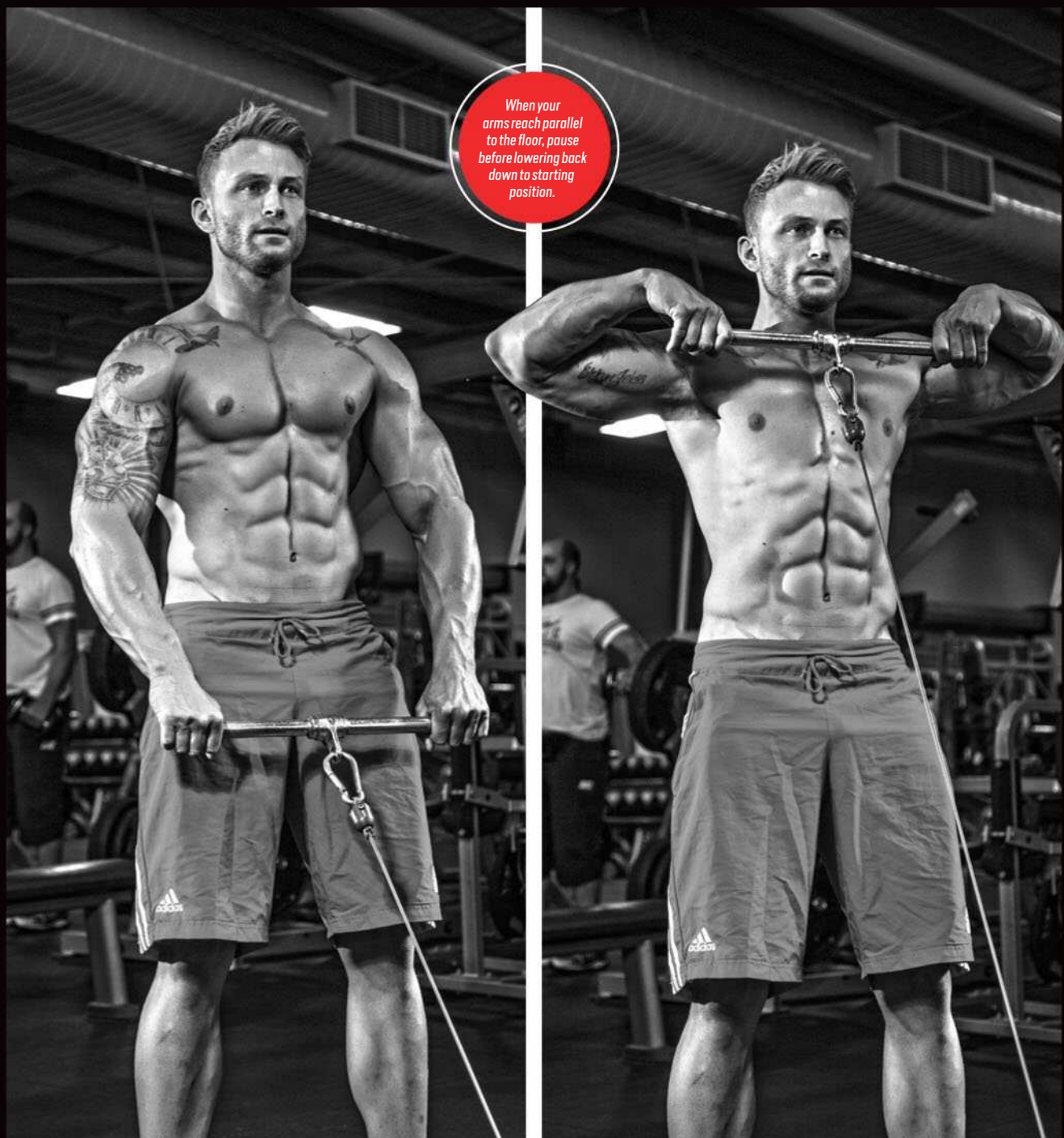
FORWARD CABLE RAISE

SET-UP: Attach a d-handle to the cable machine on a low-pulley set-up. Stand with your back to the cable machine, hold the d-handle down at your side, keeping a slight bend in the elbow.

ACTION: Slowly lift your arm forward until your hand reaches shoulder level. Do not lock out the elbow. Control the pull of the weight as you return slowly back to starting position.



Control the pull of the weight as you return slowly back to starting position.



CABLE UPRIGHT ROW

SET-UP: Attach a lat pull-down bar to the cable machine on a low-pulley set-up. Start in an upright standing position with your feet shoulder-width apart and knees slightly bent. With a shoulder-width overhand grip, hold onto the bar with arms extended straight down in front of you.

ACTION: Bend your elbows and slowly pull the bar up towards your chin, keeping the bar close to your body as you do so. When your arms reach parallel to the floor, pause before lowering back down to starting position.

GARRY TURNER'S TOP TIPS FOR TRAINING DELTS

1. CONSTANT TENSION:

I train myself and my clients in the same way and it's a tried-and-tested method with many old school (and new school) bodybuilders. For the majority of delt exercises, most specifically any kind of press; imagine the movement is split into fifths. **ONLY** work within the middle three fifths range. No lock out and no rest at the bottom: constant tension!

2. GIANT SETS: Always train delts using super or giant sets. I always tag three or four exercises together to create a giant set that encompasses a press, lateral raises, front raises and a row.

3. PRE-EXHAUSTION:

Start with a pre-exhaustion of your rear delts. These days 3D delts are considered very aesthetic and they're certainly something I chase constantly. So why would you neglect your rear delts? I start with the rear and work pretty much until failure using cables primarily before I move on to the overhead presses.

BENT-OVER LOW-PULLEY SIDE LATERAL

SET-UP: Assume the same set-up as the cable lateral raise, only this time bend forward from the waist, chest parallel to the floor.

ACTION: Maintaining this position, slowly raise your arm out to the side until your hand is at shoulder level. Do not lock out the elbow. Control the pull of the weight as you return slowly back to starting position.



ABOUT THE ATHLETE

Garry is an ex-national level track athlete who has been involved in fitness since he was 11 years old. At the age of 19 he started modelling commercially in numerous different countries. Being very athletic, Gary found his niche in the fitness modelling industry, and has since had covers in many major fitness publications all over the world. In 2013 Garry started competing in stage competitions and finished his primary year ranked third in Australia in men's physique. Garry is also a qualified personal trainer. His physiology major allows him to advise clients on biomechanics, nutrition and exercise regimes.





HAS YOUR JOB BECOME AN EXCUSE?

The next time your motivation starts to fade, try these tips to get the most out of your after-work workout.

WORDS Jason Aaron Baca | IMAGES Portia Shao

IT'S 5 O'CLOCK - TIME TO LEAVE WORK! IT IS DECISION TIME FOR YOU. WHAT'LL IT BE? Head to the gym and crank out an hour of exercise or head on home and throw a fattening frozen combo pizza in the oven for a quick fix? I used to do the latter all too often!

When we leave work, we feel a sense of relief from the stresses our job creates. We may imagine going home, reclining on a comfortable chair and closing our eyes. Instead, what we should be imagining is what muscles we plan to work out when we arrive at the gym.

The stress built up from a hard day's work can actually cause tension within our bodies. One of the best possible activities

for relieving this is a nice solid workout followed by a balanced low-fat dinner. And for dessert, instead of throwing down a tub of fattening ice cream, reach for a high quality protein shake. One that will have all the essential amino acids your body needs to replenish itself. Not only that, it provides you with the extra protein your body needs to lift heavy weights.

Here are four things you can do during your next workout to ensure you get the most out of your session – even if you're feeling unmotivated from a big day at work.

START SLOW

When you do make it to the gym, start off slowly. The worst thing anyone could do is try to rush in and start lifting heavy to "get it out of the way." This is not good. You have to create a hunger in your mind that is craving to pick up those weights and make muscles. To do this, I recommend 10-15 minutes of the stair climber or treadmill at a brisk pace. This will build up your heart rate and get the blood pumping.

STRETCH IT OUT

Besides the cardio, I recommend stretching your entire body from head to toe. Don't leave anything out. I recommend 5-8 minutes of nice stretching after your mini cardio session. Once you have completed your stretching, you are ready to go.

PLUG IN YOUR HEADPHONES

Put on some high-energy music on your iPod and get in a bubble. It's much easier to train while listening to upbeat music than it is to sad songs! Once you're in the zone, don't let yourself become distracted. Note the time you begin, and don't walk out of that gym until you've completed the workout you have set for yourself.

REFLECT

Ten minutes before your hour is up, take an inventory of the muscles you worked. Do they feel exercised and worked? It's not a great feeling to walk out of the gym unsatisfied from your workout. If you're feeling good and you've got more in the tank, try ending with some drop sets or pushing yourself to failure. This will ensure you walk out of the gym feeling like you accomplished something.

Some days you just don't have it, and that is OK. You can have the desire but can't seem to will your muscles to achieve anything that day. Don't beat yourself up if you're feeling unmotivated, but don't let your job or a 'bad day' become an excuse. You can't always rely on motivation to get you to the gym – building a better body takes practice and determination. Remember, if getting in shape was simple, everyone would do it! **MMH**

TRY THIS SPLIT TO MIX UP YOUR ROUTINE

DAY ONE - CHEST & TRICEPS:

Do your triceps with your chest since you already work them in your bench workout.

DAY TWO - BACK & BICEPS:

Blending in your biceps with the back works well because you already use a lot of that muscle from the various back exercises.

DAY THREE - LEGS:

I always do legs on their own and give them just as much attention as the upper body – if not more.

DAY FOUR - SHOULDERS:

They are a major body part and need to be trained all the way around: front, side and back deltoids.

CARDIO

should be performed 5-6 days a week with a minimum of 20 minutes. Ten minutes of stomach crunches is something that should be performed daily without exception.

all rounder



NAME: Alice Round | **AGE:** 26 | **HOMETOWN:** Perth, WA

OCCUPATION: Exercise Sport Scientist and Nutritionist, Online Coach and Business Owner of Macrosnackz

Smart, gorgeous and fit as hell, Alice Round is anything but your average bikini model. The blonde bombshell from Western Australia is the creator and owner of Macrosnackz, a range of products that account for your macros without the fuss of having to track them. On top of this, she is also an IFBB Bikini Champion who has represented Australia in Ukraine and Canada, placing top 10 in the world two years in a row. Alice told MMH how she stays in shape and why physical appearance isn't all that important when it comes to a good relationship.

How do you stay in shape? I love training mainly with resistance of some sort, whether it be heavy weights, strength training or a combination of full body workouts or shorter, Tabata-style workouts. I'm not a huge lover of cardio but if I do it I prefer to do HITT sessions, ideally outdoor hill sprints/stairs because then I'm also hitting my legs and glutes! I also have a puppy so that's all the cardio I need!

What's your favourite food? I have a pretty bad sweet tooth so I like to make "healthy" or "cleaner" versions of higher-calorie sweet foods such as protein 'mug' cakes, protein pancakes etc. My other staple favourite foods are Mexican and Japanese, so I again try to put a healthier spins on these at home. If I had to live off one food it would probably be oats! I could eat them all day.

What is your favourite body part to train and why? I would say anything lower body but I also love a good delt pump! I would say glute and hamstring tie-in work as I can really now feel good glute activation and control; it's great to really feel the contraction when doing movements and feeling like you're progressing. For years I struggled to grow my glutes and feel efficient activation so this is why I probably love training it most now as I have worked on my weaknesses to be able to contract efficiently. My

favourite exercise of all time would be a heavy sumo deadlift!

What body part do you love most on a man and why? That's a tough one! Can't go past a good set of delts. I feel like with the male physique it's all about the delts and chest. But delts, if anything, give a guy the most shape in your standard day-to-day attire. A solid set of shoulders and a strong chest are definitely the most attractive features on a guy but I still always look at the lower body. Don't skip leg day, guys! It's always nice to see a good set of glutes and quads on a guy!

What do you do for fun? I'm a bit of a Nanna! I don't really go out a lot but I do enjoy being active on the weekends with friends and try to get out of the gym. So things such as beach walks, coast rides, surfing, trips down south of Western Australia to explore beaches and beautiful surroundings, coast walks and travel. I'm also a big lover of music so catching up on the latest music trends and making gym playlists! I'm a huge coffee addict so weekends usually involve exploring local coffee shops and scoping out the best locations and local produce.

Describe your perfect night out. I have a pretty full on training and work schedule so a perfect night out for me is something relaxing around good company. Probably going out with friends to a nice dinner,

probably Mexican or Japanese, followed by my favourite frozen yoghurt with all the toppings! And finish off with a movie and maybe even a red wine or two.

What characteristics do you most look for in a partner? Humour. I would say sense of humour is number one. When you have hectic and busy and often stressful lives it's important to find someone who can make you laugh. Also someone who has a good strong work ethic is important if you're a career person yourself so they understand your roles, commitments and dreams. I don't think physical appeal is all that important... there has to be a mental and emotional attachment and spark to really work.

If you could be anywhere in the world doing anything – what and where would you be? Probably holidaying in the Maldives, it's somewhere I have always wanted to go and will one day! I would love to actually have my own gym or work in some amazing place like this and run retreats and training camps from it outdoors in the sunshine and eat amazing healthy and fresh foods all day. **MMH**

“A SOLID SET OF SHOULDERS AND A STRONG CHEST ARE DEFINITELY THE MOST ATTRACTIVE FEATURES ON A GUY BUT I STILL ALWAYS LOOK AT THE LOWER BODY. DON'T SKIP LEG DAY, GUYS!”

3 REASONS YOU'RE NOT SEEING RESULTS

Training hard but not seeing results? Here are a few tips on why your workout isn't working.

WORDS Greg Dolman



EVERY DAY WE ARE FACED WITH A NEW CHALLENGE OF WHAT CHOICES ARE BEST FOR US AT THAT TIME.

Every day we have a choice as to what we say, what we do, how we say it, and how we do it. We also have a choice in many other areas of our daily lives, but what about the choices we make about our health? There is so much information available to us as far as exercise programs and nutrition to help us achieve the best results. But for the purpose of this article, let's just focus on exercise. If your workout isn't working, there might be a few things you have failed to consider. Making different choices in these three key areas could finally bring you the results you desire. So where do we start? The first thing we need to sort out is whether we are a beginner, an intermediate, or an advanced trainer.



1. YOU DON'T HAVE THE RIGHT GUIDANCE

A beginner trainer, or 'newbie', is exactly that: someone who is new to the exercise arena, whether it be in or outside of a gym. The beginner has very little or no experience as far as exercise selection goes and relies on the information from an exercise professional for guidance. In some cases, the beginner may get a starting program from a magazine, the internet, or even from a friend. The downside is that without the right guidance in exercise technique, the beginner is usually on course for an injury down the track. At the very best, without the right guidance, the beginners' results may vary quite substantially.

An intermediate trainer is a person who has been

exercising for at least 12 months and has some experience at performing different exercises and, with the right guidance, on which exercises are necessary for the different muscle groups. The intermediate trainer might still need some guidance from an exercise professional so that the desired results are forthcoming.

An advanced trainer has been training for many years and is fully aware of what exercises are specifically for what muscle group. The advanced trainer has pretty well tried just about all the 'great' programs and pretty well knows what works and what doesn't. The advanced trainer, who is always looking for that edge, is also keen to search information

and learn from the fitness industry's best in order to get the absolute best results possible. If the advanced trainer needs to get results a little quicker, they may still hire a coach to push them that little bit further than they can on their own so that they can fine-tune their desired results.

Once you have established what level of trainer you are, you can then seek the appropriate guidance and exercise program that will get you started on your results journey. Are you a beginner, intermediate or advanced trainer? It pays to be honest with your answer.

“**HOW WE GET
OUR RESULTS WILL
BE DETERMINED BY
HOW MUCH
KNOWLEDGE
WE INDULGE
OURSELVES IN.**”



Photo Credit: Shutterstock.com

2. YOU'VE STOPPED LEARNING

How we get our results will be determined by how much knowledge we indulge ourselves in. The amount of information on exercise available is mind blowing. You only have to have a squiz on YouTube to find thousands of exercise videos available to the masses. Then we have access to numerous fitness magazines, such as this awesome mag you are now reading, and many books which also have a plethora of exercise information.

All you have to do is pick a muscle group you want to improve on and then pick which exercises will give you the best results. The only problem here is the fact that we need to donate a certain amount of time to the exercise in order for a result to appear. How much time? It depends. We are all individuals and therefore need an individual program. What works for me really doesn't mean it will work for you. Let's look at the tall guy versus the short guy for example. The guy with the longer limbs and longer muscles will certainly have a longer range of motion (ROM) through movement of a joint and therefore will not be able to lift as much weight as the shorter guy. The shorter guy is able to lift more weight with less effort and therefore get more muscle quicker. In theory, the shorter guy will get to his goal quite a bit quicker than the taller guy.

So what can we take away from this? The tall guy who wants to put on some quality muscle for toning and shaping should seek advice from another tall guy

who has already achieved his muscle building goal. As should a shorter guy seek similar advice from another guy whose physique is similar to what he desires. Another option is to contact a coach who has proven experience in achieving results for both the above body types.

3. YOU'RE NOT IN THE MOMENT

From my experience of both working and playing in gyms for nearly three and a half decades, the best results come when we listen to our body and feel what muscle group is being stimulated by the selected movement.

If we are doing a chest movement then we should be feeling what part of the chest is actually being activated. If we feel our shoulders working too hard during the early sets, then this defeats the purpose of the exercise as we are supposed to be working the chest, not shoulders. Get your mind in to the muscle group that you are working.

It doesn't matter if you are a beginner, intermediate or an advanced trainer: if you do not focus on what the working muscle is doing, then you are not maximising the potential of that muscle. Many years ago I twisted my lower back while performing squats at the gym. To be exact, I twisted my T12 and L1 in two different directions. A lot of pain followed and I could hardly walk for many days. Why did this happen? I was thinking about something else and didn't have any focus on what I was doing. To add to the lack of concentration, the

bar wasn't comfortable on my upper back, so instead of placing the bar back on the rack, I 'jumped it' whilst I was doing the squat. This movement shifted the loading on my spine and as I was descending in the movement, my spine reacted abruptly.

If we are in the gym and not really focusing on not just the working muscles, but also the technique, there is a good chance that an injury could occur, or at the very least the working muscle doesn't get the appropriate stimulation.

GET RESULTS

So if you're still searching for results take a step back and look at the big picture. Do you have the correct guidance to suit what level of training you are at? Are you continually learning through magazines, videos, online journals and books? Do you have your mind in the moment while you work out? All these things are important to getting the best results possible. If you're doing all these things and still do not feel and/or see any result within a month after beginning your new exercise program, then try changing something small. Whether it be the pace of the movement, the range of movement (ROM), the weight, the intensity, the repetition range, or even the rest between sets. Just don't change everything as sometimes the slightest tweak can make all the difference. And finally, keep in the moment with all that you do in the gym, and results will come your way! **MMH**



Photo Credit: Images provided by Luke Heath Fitness

SPRINTING BEYOND SETBACKS

After a freak accident at age four, Luke Heath has surpassed the expectations of others to become a leader in the Australian fitness industry.

WORDS Kirstin Cuthbert

STATS

Name: Luke Heath
Location: Sydney, NSW
Age: 37
Occupation: Entrepreneur
Website: www.lukeheathfitness.com.au



Most four-year-olds are immersed in learning everything they can about the world around them as they discover new skills, activities and interests. Luke Health was also a typical toddler... until he suffered a brutal blow from a wayward cricket ball. His skull was fractured after the ball, which was hit for six to the boundary, came hurtling in to the crowd and crashed into the little spectator's head.

Luke's entire world changed within seconds and he lost his motor skills, exercise and speech. Regular school learning was not an option but with the help of professionals and ongoing family support, he worked hard to recover. The adversities he faced at such a young age taught him the importance of determination: if you want something bad enough and are willing to put in hard work, you can achieve it.

Through hard work Luke began getting his skills back and at age 10 he took up running with the hope of increasing his co-ordination and fitness.

"I ran to challenge myself and prove

that I could overcome anything I was faced with," explains Luke.

By age 12 he had defied the odds; he was back on track and considered to be at a 'normal' level of learning. He also began functional strength training, focusing on bodyweight strength.

Despite having been dealt some serious bad luck in his earlier years, Luke harnessed his inner strength at a young age, explaining that he was only four years old when he decided to give life everything he had, and to prove everybody wrong.

"I was going to get back up to speed with my peers and achieve more! From these experiences I learnt that if you have the gift of movement, you can exercise," says Luke.

At 16 Luke started lifting weights, using basic free plates and a barbell from his garage-based gym to gain power, co-

ordination and strength. By 17 he was a top runner in Tasmania, achieving far more than anyone had ever thought possible. The now 37-year-old continues to compete, running for charity and

training with state and Australian representatives. He also works as a mentor, discussing training and race strategy.

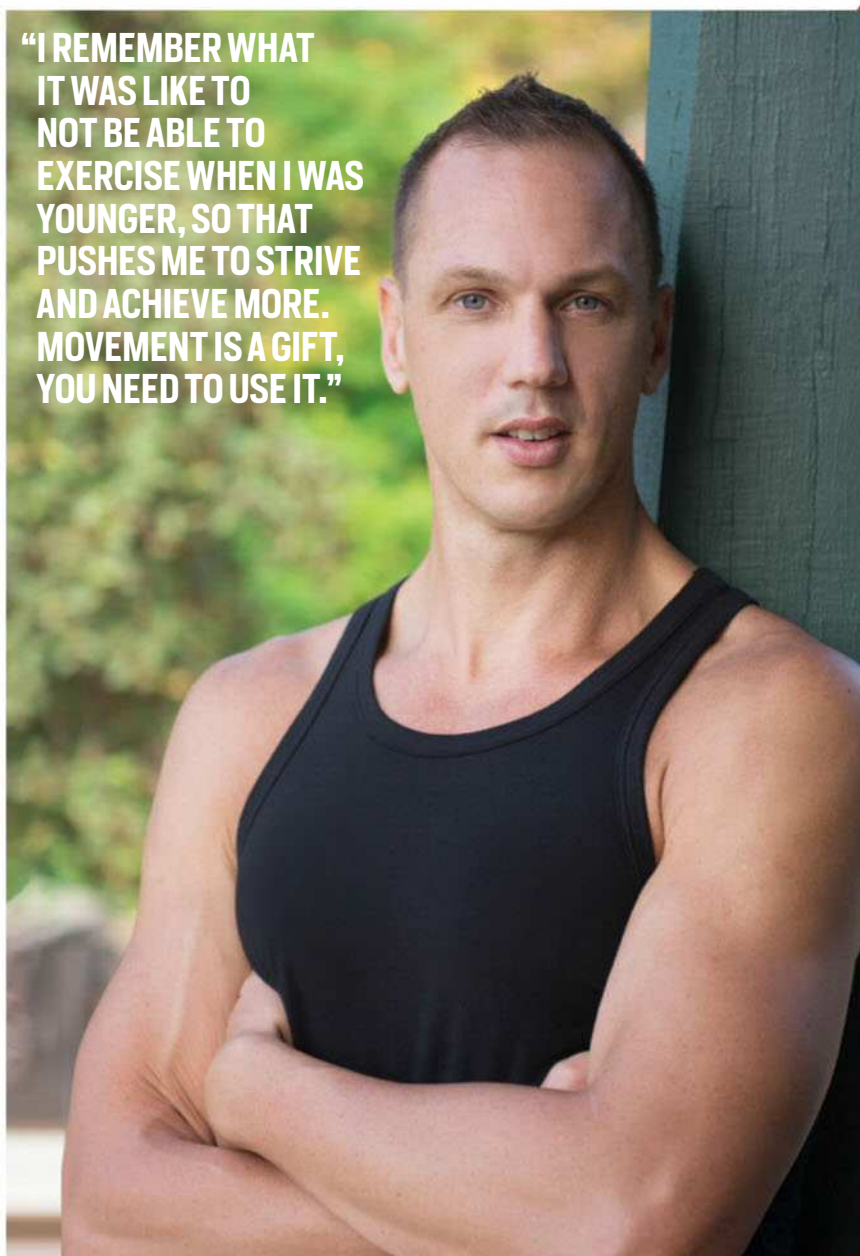
Luke's passion for movement saw him enter the professional world of personal training and group fitness in 1997. He wanted to capture a greater audience to motivate and mentor, and viewed the fitness

industry as a direct path to helping others see the benefits of exercise.

"Fitness and helping others to overcome what life throws at them are where my passion lies.

"[LUKE'S] SKULL WAS FRACTURED AFTER THE BALL, WHICH WAS HIT FOR SIX TO THE BOUNDARY, CAME HURLING IN TO THE CROWD AND CRASHED INTO THE LITTLE SPECTATOR'S HEAD."

"I REMEMBER WHAT IT WAS LIKE TO NOT BE ABLE TO EXERCISE WHEN I WAS YOUNGER, SO THAT PUSHES ME TO STRIVE AND ACHIEVE MORE. MOVEMENT IS A GIFT, YOU NEED TO USE IT."



EAT LIKE LUKE

- **Breakfast:** oats
- **Snack:** chai latte/fruit
- **Lunch:** leftover Jamie Oliver meal (salad and an awesome piece of meat for protein). I also have one meat-free day per week where I have beans, mushrooms and lentils for protein.
- **Snack:** 2 muesli bars
- **Dinner:** Jamie Oliver meal
- **Dessert:** fruit and yoghurt for dairy and minerals

TRAIN LIKE LUKE

- **Monday:** 3 x 5-minute strength workouts, upper body
- **Tuesday:** Run and sprint training
- **Wednesday:** Longer recovery run for cardio plus leg and core training
- **Thursday:** Arms and sprints
- **Friday:** Rest day
- **Saturday:** 2-3 x 5-minute workouts, cardio/strength plus power ropes and kettlebells
- **Sunday:** Recovery run and core

"I want to reach as many people as I can worldwide and share not only my knowledge, but also my personal experience," reveals Luke.

He moved to Sydney in 2009, and in 2010 had the opportunity to present group fitness for Les Mills as an elite instructor in his field. In 2011 he created and delivered his own group fitness program, Luke Heath DYNAMIC STRENGTH with the goal of teaching a larger audience

about the benefits of super functional, efficient and highly effective workouts.

Luke's latest project is his fitness app, Luke Heath 5 Minute Workouts, which provides users with five-minute H.I.I.T workouts which can be done anytime, anywhere.

"I am working on making fitness accessible and hope to improve and educate as many people as I can on the benefits of movement. I want it to

become the global way of life," says Luke.

Luke's constant motivation and desire to achieve more in life come directly from his training and his appreciation of movement.

"I remember what it was like to not be able to exercise when I was younger, so that pushes me to strive and achieve more. Movement is a gift, you need to use it – if you're not using it, you're sacrificing it," says Luke.

Having struggled in his first running training session of wind sprints, Luke has come a long way. Today this is just a warm-up exercise for him and he's the one leading the sessions.

He is living proof that with confidence, self-belief, strength and determination, you can overcome anything.

"Life doesn't have to be what you're told," says Luke.

MMH

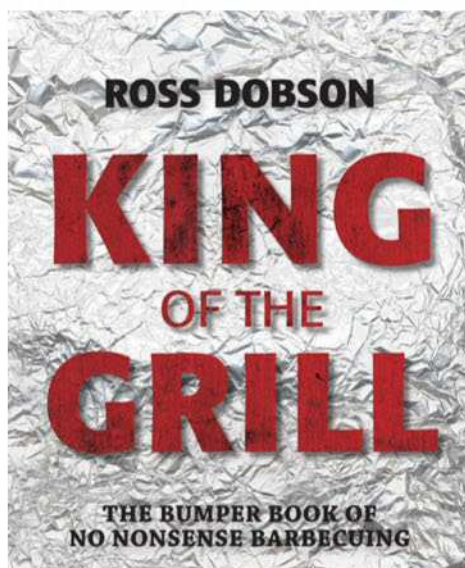
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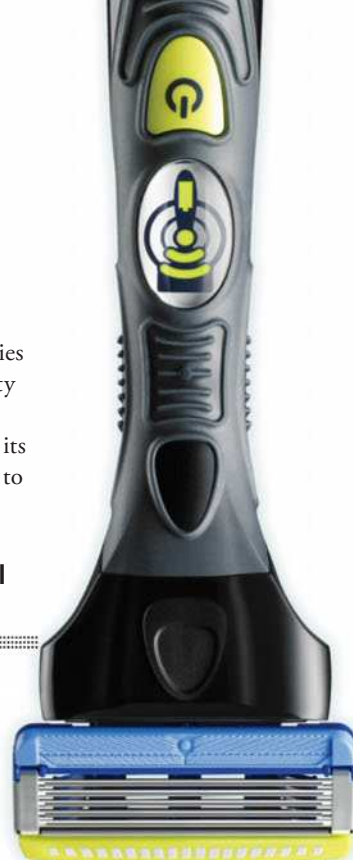
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Measuring less than 8cm when closed, and opening up to 15cm for an ideal grip and superior comfort, Gerber's Suspension Multi Plier boasts more components than you can poke a sharpened stick at. Folding out components include scissors, spring-loaded pliers, a wire cutter, fire-edge knife, can opener, saw, and a cross-point screwdriver; more than enough to get you through any task.

RRP: \$74.95

For more information visit:
au.gerbergear.com

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For more information visit:
www.firstpresscoffee.com



A GOOD WINGMAN

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RRP: From \$199

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henty.cc



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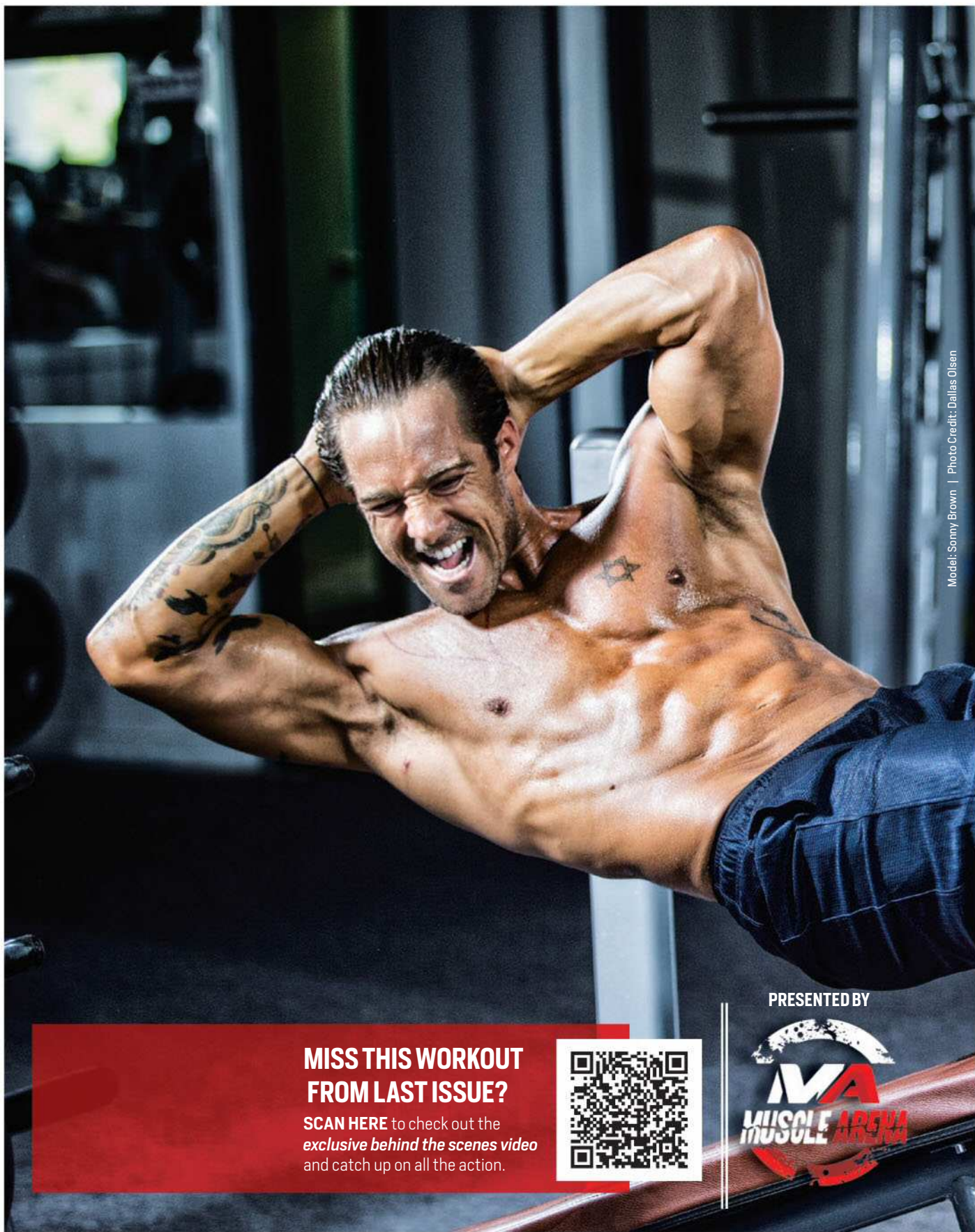


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Model: Sonny Brown | Photo Credit: Dallas Olsen


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FROM LAST ISSUE?**

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exclusive behind the scenes video
and catch up on all the action.



PRESENTED BY



A person is shown from the waist down, performing a leg press on a gym machine. The person's legs are extended, pushing against the machine's footplate. They are wearing dark shorts and bright green and black sneakers. The machine has a large blue circular graphic overlaid on it, containing the quote. The background is a blurred gym setting with other equipment.

“Where there is
no **STRUGGLE**,
there is no
STRENGTH”



STATS

Name: Silvestro Musumeci

Age: 44

Location: Sydney, NSW

Occupation: Mentor of Successful Weight Loss

Website: www.weightlossking.com.au

MY MOMENT OF TRUTH

Once overweight, bullied and suffering an isolated childhood, to now a slim, happy guy, Silvestro Musumeci lost 75kg (152kg down to 77kg). He's now kept the weight off for 12 years: a feat only 1 per cent of people who have lost weight manage to achieve.

IT WAS EASTER 2003. MY YOUNGER BROTHER JOHN WAS THERE. HE HAD RECENTLY LOST AROUND 20 KILOS FROM WATCHING WHAT HE ATE AND UNDERTAKING AN EXERCISE PROGRAM, WHICH PROVIDED A SPARK IN ME TO ALSO LOSE WEIGHT. Little did I know then that this spark would turn out to be a firecracker! John had just purchased a handheld video recorder and had been filming us over the day.

As we watched and teased my brother's less than perfect filming technique, another emotion stirred in me, underneath all the laughter. I had always seen pictures of myself and felt the usual reality shock that came from seeing your body reflected

back to you in a photograph, but never had I seen myself in a three-dimensional way like I was seeing now on my brother's amateur Easter day movie. There I was in full frontal view – front on, side on and from behind, as I walked away from the camera. You don't often see yourself from behind, and let me say: it was a shock!

I continued to laugh with everyone because I was used to laughing when I was really crying inside. This time, I knew it was more than tears that festered inside of me; it was a feeling I couldn't quite describe, other than the sickest of feelings in the pit of my stomach. I knew this time was different. There I was at

more than 130 kilos in the flesh (I'd stopped counting), with nowhere to hide and no one to blame. A deep and familiar depression set in over the afternoon, except that this time it was made worse by the feelings of shame and disgust that accompanied it. I was very quiet and upset for the rest of the day.

This moment was different; no excuses were coming to mind. I saw myself with brutal honesty. While I watched, I physically grabbed the biggest area of my body: my stomach. I grabbed my rolls of fat, like big pieces of sausage layered on top of one another, and felt it with my full attention. I lifted my shirt up and stared at it, as if to show me that it was real and it wasn't going away. Yep, I was hard on myself, but I had to be. I was so ashamed of what I had become; so ashamed of the way I had treated myself. I hadn't taken care of my health or my body. I was always worried about material things, like fast cars and money.

I was the least priority in my life. I knew then that if I was going to change I had to be number one. Easter 2003 was the darkest day of my life; but this was my wake-up call. For the first time in my life I took responsibility for my body. No more lying to myself, just the total truth: I got myself to this weight and only I can change it. The following week I joined the gym. Nothing would ever be the same again. **MMH**



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